

# P.A.C.K. WEEK



## PACK ASSORTED COLORS FOR KIDS

### School Food Service Implementation Guide

Your school will be participating in **P.A.C.K. Week: Pack Assorted Colors for Kids Week** on \_\_\_\_\_. Whether children buy lunch at school or “pack” it from home, they will be encouraged to include fruits and vegetables of the color of the day in their snacks and lunches.

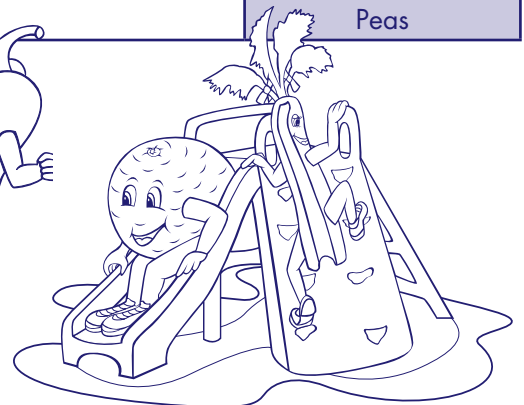
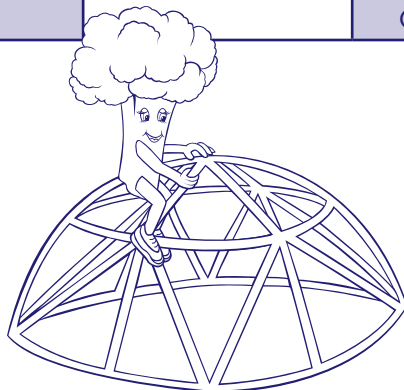
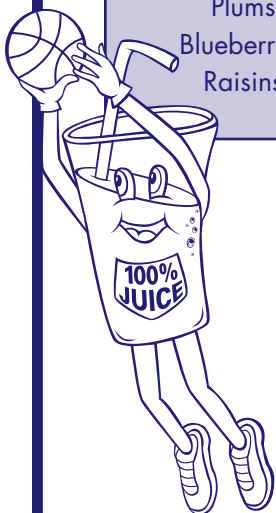
Children who start healthy-eating patterns early in life are more likely to continue those good habits when they are older. With your help, we can encourage students to increase the amount and variety of fruits and veggies that they eat each day. P.A.C.K. Week is a fun way to focus on fruits and veggies, and we appreciate your involvement.

### Steps to a successful P.A.C.K. Week

- Review the school menu for the week of P.A.C.K. Week to ensure that fruit and vegetable choices match the P.A.C.K. Week colors of the day.
- Since all forms of fruits and vegetables count – fresh, canned, dried, 100% juice and frozen – consider including a variety of different forms of fruits and vegetables as part of the P.A.C.K. Week menu.
- Highlight P.A.C.K. Week on your school lunch calendar.
- The P.A.C.K. Week logo is available on [www.welchs.com/pack](http://www.welchs.com/pack) for use on school menus.
- Place poster reminders about each day around the cafeteria (download them at [www.welchs.com/pack](http://www.welchs.com/pack))
- Consider placing balloons or other decorations around that match the color of the day.
- If possible, have the staff wear something to match the color of the day.
- Have fun helping your students make healthy food choices.

### Sample Fruit & Vegetable Menu Choices

MONDAY P.A.C.K. Purple	TUESDAY P.A.C.K. White	WEDNESDAY P.A.C.K. Red	THURSDAY P.A.C.K. Yellow/Orange	FRIDAY PACK Green
100% Grape Juice* Plums Blueberries Raisins	Cauliflower florets (with ranch dressing) Bananas Pears	Red Pepper Slices Dried Cherries Red Apples Strawberries Cherry Tomatoes	Orange segments Carrots Dried Apricots Pineapple Chunks	Celery Green Apple Salad Broccoli florets Peas



**Pack more colorful fruits and vegetables into each day!**

\*If you'd like to inquire about ordering Welch's 100% Grape Juice, please contact John Strouse at [jstrouse@welchs.com](mailto:jstrouse@welchs.com)