



Dear Parent/Guardian:

McKinney ISD Health Services will be participating in our fifth annual healthy eating initiative called PACK (Pack Assorted Colors for Kids) over the course of the next 5 weeks starting on April 13. We will be doing it remotely through a link and presentation this year since we cannot meet in person. We will be doing a new color EACH WEEK to allow you time to work it around your already busy schedules.

The focus of PACK Week is eating a wide variety of colorful fruits and vegetables, as each has its own nutritional benefits. Each week of PACK week has been assigned a different color, and we are asking you to help your child eat the color of the food for that day.

All forms count: Fresh, Dried, Canned or 100% juice. It's easy to eat more fruits and vegetables each day.

Do not have the color of food? NO problem!

- Look a food up on the internet and discuss it's benefits, texture and taste.
- Draw or color a picture of the food.
- Check out the PACK WEEK website for fun activity pages here: <https://fruitsandveggies.org/stories/pack-week/>
- Wear the color for the day! Post pictures to your schools Facebook site!











Week of April 13- **Yellow/orange** – oranges, baby carrots, sweet potato fries, canned peaches

Week of April 20- **White/tan/brown** – cauliflower, tater tots, banana, canned pears

Week of April 27- **Red** – red pepper strips, kidney beans, red apple, dried cranberries (Craisins)

Week of May 4- **Blue/purple** – blueberries, purple grapes, purple cauliflower, purple cabbage

Week of May 11- **Green** – green beans, broccoli, green apples, green grapes

MONDAY is ...	TUESDAY is ...	WEDNESDAY is ...	THURSDAY is ...	FRIDAY is ...
Pack YELLOW / ORANGE Day 	Pack WHITE / TAN / BROWN Day 	Pack RED Day 	Pack PURPLE / BLUE Day 	Pack GREEN Day 
Baby carrots are easy to pack and so are dried apricots or orange segments.	Bananas, white peaches or even cauliflower with dressing makes a nice choice.	Strawberries are a favorite, and other tasty options are red pepper slices, tomato wedges, or a delicious red apple.	A child-friendly way to "pack purple" is with 100% grape juice made with Concord grapes, snack-sized raisins, or blueberries (fresh, dried, or frozen).	Go green with celery sticks, broccoli florets, or a crisp green apple.
				

Thank you for helping us celebrate this fun and educational program which is aimed at encouraging our children to eat more fruits and vegetables, while promoting good eating habits and a healthy lifestyle.