



Dear Parent/Guardian:

McKinney ISD Health Services will be participating in our seventh annual healthy eating initiative called PACK (Pack Assorted Colors for Kids). Start April 18th through April 22nd..

The focus of PACK Week is eating a wide variety of colorful fruits and vegetables, as each has its own nutritional benefits. Each day 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 its 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!








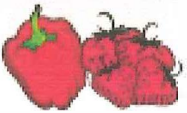


April 18- **Yellow/orange** – oranges, baby carrots, sweet potato fries, canned peaches

April 19- **White/tan/brown** – cauliflower, tater tots, banana, canned pears

April 20 **Red** – red pepper strips, kidney beans, red apple, dried cranberries (Craisins)

April 21- **Blue/purple** – blueberries, purple grapes, purple cauliflower, purple cabbage

April 22- **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, creek-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.

McKinney ISD Health Services