



P.A.C.K. Week Tips



The Whittier Wellness Committee will be celebrating National Nutrition Month with P.A.C.K. week from March 12th through March 16th.

Join the fun during P.A.C.K. Week and help your child get more colorful fruits and vegetables into his/her day. We encourage your child to wear the color of the day to help celebrate!

Here are some easy tips to packing great-tasting and nutritious fruits and veggies:

Monday, March 12th: Pack Purple Day

Did you know that only 3% of our current fruit and veggie consumption is from the purple/blue category? Yet, these fruits and veggies provide natural plant nutrients not found in other colors.

- Since dried fruit counts too, try packing a snack-sized box of raisins for snack time.
- A plum is a tasty lunchbox addition or try including blueberries or blackberries in a reusable container.

Tuesday, March 13th: Pack White Day

White, tan and brown fruits and veggies make up this color category.

- The most common white fruit is the banana...and they're easy to pack and so delicious.
- Your child might enjoy a white peach or a pear.
- Cauliflower florets with ranch dressing are a crunchy lunch addition.

Wednesday, March 14th: Pack Red Day

Red fruits and vegetables are a cheery addition to the lunchbox.

- You could send your child to school with a red apple on Pack Red Day.
- Consider packing a few cherries or strawberries for a tasty treat.
- Many kids love red pepper slices or tomato wedges either with or without some ranch dressing.

Thursday, March 15th: Pack Yellow/Orange Day

Yellow/Orange fruits and vegetables will brighten up everyone's day.

- The most common yellow/orange fruit is the orange.
- Baby carrots are super easy to pack and kids just love them.
- Other great yellow/orange options are nectarines, peaches or pineapple chunks.
- See if your child likes dried apricots. They're surprisingly delicious and super healthy.

Friday, March 16th: Pack Green Day

Green fruits and vegetables are the most commonly eaten group of fruits and vegetables...but there's always room for more!

- Green grapes (halves for younger children) and green apples are kid favorites, and they're easy to send to school on Pack Green Day.
- Celery sticks or green pepper slices are terrific crunchy snacks and can be packed alongside ranch dressing for a fun dipping option.
- Other nutritious vegetable choices are snow peas, sugar snap peas or broccoli florets.

Sponsored by the Whittier Wellness Committee