

P.A.C.K. WEEK

February 9, 2026

Dear Parents and Guardians:

Our school is once again participating in a national healthy eating initiative called **P.A.C.K. Week – Pack Assorted Colors for Kids Week**. This is a fun and educational program aimed at encouraging kids to eat more fruits and vegetables.

Each day of P.A.C.K. Week has been assigned a different color. We are asking you to pack a fruit or vegetable in your child's lunch box based on the color of the day.
Encourage your child to wear clothing to celebrate that day's color!

Here are the days of P.A.C.K. week with some packing tips to make it easy:

- **Monday is Pack White Day**
Bananas, white peaches, cauliflower with ranch dressing is a nice choice
- **Tuesday is Pack Green Day**
Go green with celery, broccoli, peppers, or a green apples or grapes
- **Wednesday is Pack Red Day**
Strawberries are a favorite, and other options are red peppers, tomato slices, apples and watermelon
- **Thursday is Pack Yellow/Orange Day**
Baby carrots, oranges, melon, yellow peppers and apples are easy to pack
- **Friday is Pack Purple Day**
Pack grapes, raisins, blueberries, or eggplant

Please join us as we celebrate P.A.C.K. Week and encourage your children to participate. We will be starting the initiative on **Monday, March 16th**.

Sincerely,

Carrie Bianchi
School Nurse