

P.A.C.K. Week at Dubois School

P.A.C.K. Week is a national healthy-eating initiative which encourages student to eat more fruits and vegetables while at school. The focus is on eating a wide variety of colorful fruits and vegetables to get the broadest range of nutrients, all colors are important - purple, white, red, yellow, orange and green. Each day of P.A.C.K Week was assigned a different color and students were encouraged to pack a fruit of veggie based on the color of the day.

Dubois students were treated to samplings of 5-8 new foods each day during their lunch period, along with a juice that corresponded to the color of the day. Students earned points throughout the week for taste-testing and packing fruits and vegetables that corresponded with the day's color theme. At the end of the week, the points were tallied and prizes were awarded to the top earners!

Fruit cups



YUM!!!



THUMBS DOWN!



THANKS TO OUR TEACHERS AND STAFF FOR:

- Providing a health and nutrition lesson each day
- Wearing the color of the day (thanks to students too!)
- Packing healthy lunches and participating by bringing in the foods that corresponded to the color of the day in their own lunches
- Thanks to Shelly, our nurse, who went to each classroom and presented a lesson on nutritional eating
 - For kicking off our Fun Friday meeting by recognizing students with certificates and prizes

RED DAY

