



Family Pack: Week 7

Week 7 envelope includes the following items:

Pathways Letter to Parent(s)
Super Sundae Recipe Card
4th Grade Return Card: Week 7

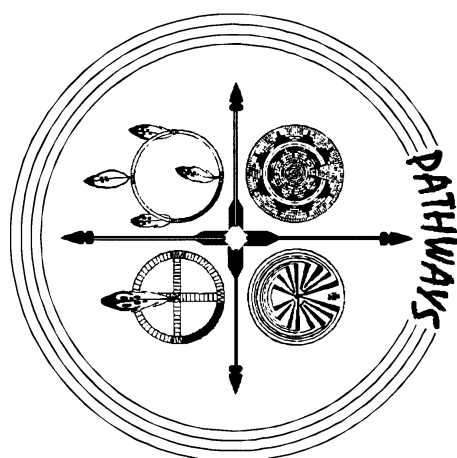
Items students should put into their own bag:

Family Pack: Week 7 Envelope	1
Vanilla Instant Pudding	1 – 5 oz. box
Fruit Cocktail	1 – 16 oz. can

Week 1

Week 1

Family Pack



(Student's Name)

Week 1

Week 1

Winter, 1999



Dear Pathways Parent(s),

Welcome back! We have another six weeks of Pathways Family Packs for you and your family to enjoy. As you know, Pathways is a program that promotes healthful living through physical activity and healthy eating. During the next six weeks, your fourth grader will again bring home **Pathways Family Packs** that will include stories, tip sheets, fun activities, and snacks for you to sample and enjoy.

In each pack there will be a **return card**. After you and your child look over the information and complete activities, please sign the card and have your child take it to his/her teacher. Your child will receive a little reward at the end of the six weeks for returning at least three of these cards.

If you cannot be a part of this program with your child, another adult may participate with him/her in the activities.

We thank you for participating in Pathways, and we hope you will continue to enjoy your Family Packs.

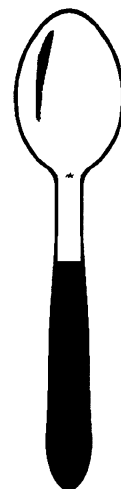
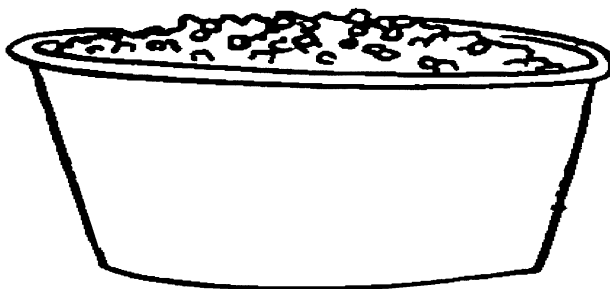
— *Pathways Staff*

Super Sundae

(5 oz. box of pudding makes 6 servings)

Spoon into this tasty treat!

- Prepare the instant pudding as directed on the carton – and be sure to use 1% or SKIM milk.
- Spoon 1/2 cup servings into individual bowls.
- Mix cut up fruit (banana; apple; berries; or drained, canned fruit) into the low-fat vanilla pudding and sprinkle some dry cereal on top.

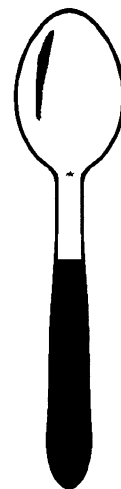
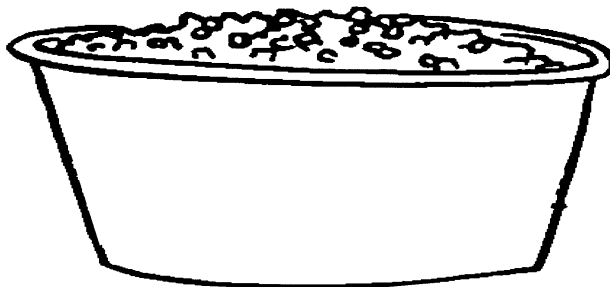


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Week 7

Pathways Family Pack 4th Grade Return Card

Week 7

Our family completed the Week 7 Family Pack! ☐ YES ☐ NO

What are some of the physical activities your family
did over the holiday vacation?

Student Name(Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name

Week 7

Pathways Family Pack 4th Grade Return Card

Week 7

Our family completed the Week 7 Family Pack! ☐ YES ☐ NO

What are some of the physical activities your family
did over the holiday vacation?

Student Name(Print)



Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name



Family Pack: Week 8

Week 8 envelope includes the following items:

Family Team Fruits and Vegetables Goal Sheet

Brochures:

Eat 5 Fruits and Vegetables Every Day

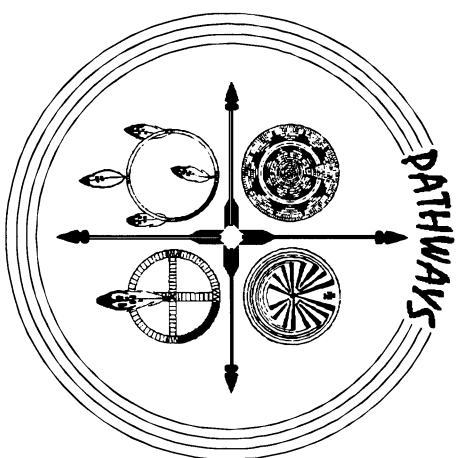
TIME TO TAKE 5: Eat 5 Fruits and Vegetables Every Day

Fun with Fruits and Vegetables Kids Cookbook

Buy Any Brand of Fruits or Vegetables Note

4th Grade Return Card: Week 8

Week 8



Family Pack

Week 8

(Student's Name)

Week 8

Week 8



Family Team

Fruits and Vegetables Goal

Directions:

Think about the **Everyday** fruits and vegetables your family team likes to eat for meals and snacks. Decide how your team could eat more fruits and vegetables every day and then set a goal.



We, the _____
(write in your family team's name)

set the following goal. We will try to eat more fruits and vegetables for meals and snacks. Some of the fruits and vegetables we will eat are:

Fruits

Vegetables

Remember to fill in the goal check after your team eats more fruits and vegetables!

Goal Check

☐

WE DID IT! Some of the fruits and vegetables we are now eating for meals and snacks are:

Fruits

Vegetables

(fourth grader's signature)

(parent or guardian's signature)

Buy any brand of fruits or vegetables!

Buy any brand of fruits or vegetables!

Buy any brand of fruits or vegetables!

Buy any brand of fruits or vegetables!

Week 8

Pathways Family Pack 4th Grade Return Card

Week 8

Our family completed the Week 8 Family Pack! ☐ YES ☐ NO

What is your family team's favorite fruit and vegetable?

Fruit

Vegetable

Student Name (Print)

Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name



Week 8

Pathways Family Pack 4th Grade Return Card

Week 8

Our family completed the Week 8 Family Pack! ☐ YES ☐ NO

What is your family team's favorite fruit and vegetable?

Fruit

Vegetable

Student Name (Print)

Student Signature

Adult Signature

Today's Date

Reminder: Please return this card to your teacher.

Teacher's Name

