**School Newsletter Snippets (pre-event)**

These newsletter snippets can be included in your school newsletter, website, or in social media posts to inform parents about The Big Vegie Crunch.

* Use Snippet 1 in the weeks leading up to The Big Vegie Crunch to let parents know about the event.
* Use Snippet 2 in the days prior to the event to remind parents to send in vegetables on the day.

Don’t forget to include the event logo if you need an image. A downloadable copy can be found on The Vegetable Week & The Big Vegie Crunch webpage (<http://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/>).

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***School Newsletter Snippet 1***

**What is The Big Vegie Crunch?**

Did you know that only 5.4% of Australian children eat enough vegetables?

To encourage students to eat more vegetables, our school will be taking part in The Big Vegie Crunch (as part of Vegetable Week) on **Thursday 1st March at 10 am**.

Schools across NSW will be joining together to break the record for the most students crunching vegetables simultaneously.

**What can you do to help?**

* Pack a container of vegetables (**not fruit**) for your child to eat on the day
* Keep serving up the vegetables at home!

If you require more information on what activities our school is doing over Vegetable Week, please contact the school or your child’s teacher.

{insert details} Vegetable Week School Coordinator

***School Newsletter Snippet 2***

**Get ready for The Big Vegie Crunch!**

On **Thursday 1st March at 10 am** our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

But we need your help to make it a success!

On Thursday 1st March, please pack your child a container of vegetables (**not fruit**) for them to crunch on.

Need some ideas?

* carrot, celery, cucumber – cut into sticks or left whole
* capsicum – cut into sticks or wedges
* corn – raw baby corn spears or a cooked corn cob
* broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
* tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
* beans or snow peas - raw or lightly cooked to keep their crunch
* mushrooms – sliced or left whole

If you require more information on The Big Vegie Crunch, please contact the school or your child’s teacher.

{insert details} Vegetable Week School Coordinator