**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?**

Only around 5% of NSW children eat enough vegetables. To help our community do better, our school will be taking part in The Big Vegie Crunch (part of Vegetable Week) at **10am** on **Thursday 4th April**.

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables simultaneously. Last year 50,260 students crunched together.

**What can you do to help?**

* Pack a container of vegetables (**not fruit this time**) for your child to eat on Thursday 4th April
* Keep serving up the vegetables at home and in your children’s lunchboxes!

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 4th April 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 4th April, please pack your child a container of vegetables (**not fruit this time**) 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