**School Newsletter Snippet (post-event)**

Include this snippet in your school newsletter, on your website, or in your social media posts to inform parents about what happened during Vegetable Week & The Big Vegie Crunch at your school.

* Use Snippet 1 if you crunched on Thursday 4th April at 10 am.
* Use Snippet 2 if you crunched at another time.

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***

**We crunched it!**

On **Thursday 4th April at 10 am**, our school participated in The Big Vegie Crunch as part of Vegetable Week.

We joined 270 other schools across NSW in an effort to break the record for the most children eating vegetables simultaneously.

40,612 students crunched together and a further 14,117 students crunched over Vegetable Week. That’s a whole lot of vegetable eating! Unfortunately, we weren’t able to break 2018’s record of 50,000 students eating vegetable simultaneously, but there is always next year!

Thank you for packing vegetables for your child/ren to crunch.

**Help your family to up the veg by:**

* Having a regular Big Vegie Crunch at dinner – you could play [The Big Vegie Crunch song](https://healthy-kids.com.au/the-big-vegie-crunch-song/) too
* Veg up your snacks – put out veg sticks before dinner to battle the h-angries (hunger anger!), cook up heavy-on-the-veg fritters and muffins, and add vegies to post-school toasties
* Add more vegies to your meals – you can even use frozen veg and canned legumes to up the veg of your family fave recipes in an instant!
* Be a vegie role model - actions speak louder than words! Let your kids see you enjoying a wide range of vegetables
* Check out the [Vegetable Week 2019 recipe page](https://healthy-kids.com.au/vegetable-week-the-big-vegie-crunch-2019-recipes/) for more ideas and recipes complete with how-to videos

{insert details} Vegetable Week School Coordinator

***School Newsletter Snippet 2***

**We crunched it!**

On **(insert day/date/time),** our school participated in The Big Vegie Crunch, part of Vegetable Week

We joined 270 other schools across NSW in an effort to break the record for the most children eating vegetables simultaneously.

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{insert details} Vegetable Week School Coordinator