**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 month leading up to The Big Vegie Crunch to let parents know about the event
* Use **Snippet 2** the week prior to the event to remind parents that they will need to send in vegetables on the day
* Use **Snippet 3** the day before to remind parents to send in vegetables the next day

Not crunching at 10am on Thursday 5th March? That’s ok. Just modify the time/day/date in the snippets to suit your event.

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 around 6% of Australian 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 5th March** {or insert alternative time/day/date}.

Primary schools across NSW will be joining together to break the record for the most students crunching vegetables:

* 50 260 students crunching simultaneously (2018 record)
* 14 991 students crunching at other times over Vegetable Week (2019 record)

**What can you do to help?**

* Pack a container of vegetables (**not fruit this time**) for your child to eat on Thursday 5th March {or insert alternative day/date}
* Remember to 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 2a (crunching on Thursday 5th March)***

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

On **Thursday 5th 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 5th March, 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

***School Newsletter Snippet 2b (crunching at another time over Vegetable Week)***

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

On **insert day and date at insert time** our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables.

But we need your help to make it a success!

On insert day and date, 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

***School Newsletter Snippet 3***

**Don’t forget tomorrow is The Big Vegie Crunch!**

Tomorrow our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables.

But we need your help to make it a success!

Please pack your child a container of vegetables in their lunchbox tomorrow.

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