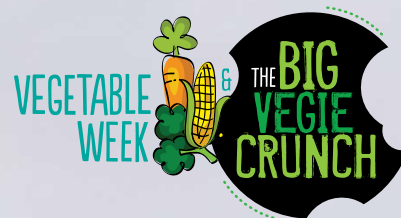


# GET READY! GET STEADY! GET CRUNCHING!



**A guide to  
getting ready for  
The Big Vegie Crunch**

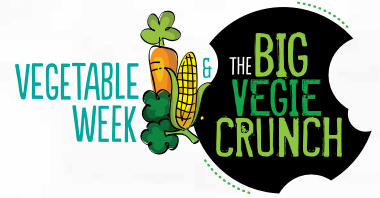
Information in this resource may not reflect current public health advice on COVID-19. We recommend you keep up-to-date with official information and advice on COVID-19 on the NSW Government website. If you have any concerns about information in this resource please contact: [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)



In partnership with



**HEALTHYEATING  
ACTIVE LIVING**



We know you are busy and organising an event that involves the whole school can take time. To make things easier we have developed a guide to get you prepared for the big day. There is also a planning template that you can use to keep track.

## Communicate with your support crew

Keeping fellow staff, your students and families informed is vital to the success of The Big Veggie Crunch. Start early but don't forget a last minute reminder in the days leading up to the event.

- Inform colleagues about the school's involvement in Vegetable Week & The Big Veggie Crunch. You may find it easiest to forward on the Resource eNewsletters.
- Inform students about the event at assembly or ask teachers to start talking about it with their classes.
- Inform parents by sending out the School Newsletter Snippets\* in the school newsletter, via the school app or via social media.
- Liaise with Health Promotion staff from your Local Health District for additional support. To find your local health promotion officer go to [www.health.nsw.gov.au/heal/primaryschools/Pages/get-involved.aspx](http://www.health.nsw.gov.au/heal/primaryschools/Pages/get-involved.aspx) or contact Healthy Kids Association on 02 9876 1300 (1300 724 850 outside metro area).

## Make your crunch even louder!

Use the modifiable Schools Media Release\* to contact local media if you wish to let the local community know what your school is up to.

If your school uses social media, modify the School Newsletter Snippets\* or Schools Media Release\* to place in your posts. You can even include the event logo. Tag us using @healthykids.au for Facebook, @healthykidsau for Twitter and Instagram. Don't forget to use the hashtag #bigvegiecrunch.

## Think ahead

The most important element of The Big Veggie Crunch is to ensure that all of your students have a vegetable to crunch on! Ideally for the event, all students should bring in vegetables from home. However, in case a child doesn't bring in vegetables, make sure you have a backup supply so no one misses out on the action.

For back up supplies you can approach local greengrocers or supermarkets to provide donations of vegetables. Or ask the parent body for funds to purchase supplies.

Don't forget you will probably need some parents to help prepare the backup vegetables so they are ready for crunching.



## Get prepared

Ensure you have these resources ready to go for when you need them:

- School Newsletter Snippets\* – forward on the links for the newsletter snippets and logo image to office staff and let them know when you want them sent out.
- Schools Media Release\* – modify the release to suit your school, check it with the Principal and find out where to send it to for your local media outlets.
- The Big Veggie Crunch Countdown\* – access the countdown tool so that you are familiar with how to use it before the big day.





## The Big Veggie Crunch Planning Template

Use this template to help you get prepared, delegate tasks and keep on track. You can use our suggestions or write your own notes in.

| What  | How   | Who                                      | When        | Status                   |
|---|---|--|-------------|--------------------------|
| <b>Up to one month prior</b> <i>tick when complete</i>                          |   |  |             |                          |
| Inform all staff  | Staff meeting and/or by forwarding on the Resource eNewsletters                                   | Coordinator or Principal                 | From 16 Feb | <input type="checkbox"/> |
| Inform the students   | In class or at assembly   | Coordinator, Principal or class teachers | From 16 Feb | <input type="checkbox"/> |
| Inform parents and request parent helpers for vegetable preparation, if needed. | School newsletter, school app, social media and/or via students. Use School Newsletter Snippet 1* | Coordinator and office staff             | From 16 Feb | <input type="checkbox"/> |
| Organise donations to ensure all students can participate                       | Contact local greengrocers or supermarkets or request funds from the parent body                  | Coordinator                              | From 16 Feb | <input type="checkbox"/> |
| Liaise with Health Promotion staff from your Local Health District              | Phone or email  | Coordinator                              | From 16 Feb | <input type="checkbox"/> |
| Post on Social Media  | Modify the School Newsletter Snippets* or Schools Media Release*                                  | Social media coordinator                 | From 16 Feb | <input type="checkbox"/> |
| Contact local media, if needed  | Modify the Schools Media Release* to suit your school event                                       | Coordinator                              | From 8 Mar  | <input type="checkbox"/> |



## The Big Veggie Crunch Planning Template

Use this template to help you get prepared, delegate tasks and keep on track. You can use our suggestions or write your own notes in.

| What  | How   | Who                          | When                                   | Status                   |
|---|---|------------------------------|--|--------------------------|
| <b>Up to one week prior</b>   |   |                              |  |                          |
| Remind parents to send in vegetables                                    | School newsletter, school app, and/or via students. Use School Newsletter Snippet 2*              | Coordinator and office staff | From 11 Mar                            | <input type="checkbox"/> |
| Become familiar with The Big Veggie Crunch Countdown                    | Access via the Vegetable Week & The Big Veggie Crunch Webpage*                                    | Coordinator                  | From 11 Mar                            | <input type="checkbox"/> |
| <b>On the day</b>   |   |                              |  |                          |
| Remind teachers and students  | School PA, assembly or via daily notes  | Coordinator or Principal     | Start of school on Crunch day (18 Mar) | <input type="checkbox"/> |
| Set up The Big Veggie Crunch Countdown                                  | Access via the Vegetable Week & The Big Veggie Crunch Webpage*                                    | Coordinator                  | Morning of Crunch day (18 Mar)         | <input type="checkbox"/> |
| <b>Post event</b>   |   |                              |  |                          |
| Answer participation and evaluation survey                              | Via email link sent to coordinator  | Coordinator                  | Post Crunch (18 Mar)                   | <input type="checkbox"/> |
| Let your community know about your achievement in the school newsletter | School newsletter, school app, social media and/or via students. Use School Newsletter Snippet 3* | Coordinator and office staff | From 22 Mar                            | <input type="checkbox"/> |