A detailed illustration of a carrot with its green leafy top, positioned vertically between the words "UP" and "VEG".

UP THE VEG

AT HOME

Did you know that your school is involved in Vegetable Week & The Big Veggie Crunch?

It's a no-cost school-based health promotion event that encourages kids to eat more vegetables. The event is funded by NSW Health. Read on for ideas on how you can encourage your family to eat more vegetables... and a greater variety of them!

FAMILY FAVOURITE RECIPES

AND SNACK IDEAS

If you want your family to eat more vegetables, you need to keep putting them on the table.

Make it the norm in your house that vegetables are included at most meals and snacks.

Some simple tips

Add extra vegetables to your regular family dishes. Many of your family's favourite meals are going to be super-easy to include more vegetables into. Think pasta sauces, curries, stir-fries, burgers, fajitas and pizzas.

Use frozen and canned vegetables if cost, availability and/or time are an issue.

Put a plate of cut up veg out and ready to go for those pre-dinner hungry hands! You can even add smashed avocado or a legume dip (e.g. hummus) to jazz it up!

Include vegetables in your family's after school and weekend snack options. Try:

- toasties/jaffles with baked beans, tomato, avocado, mushrooms and/or spinach
- vegetable fritters, slices or muffins
- vegetable soup
- mini vegetable pizzas
- san choy bao or lettuce cup tacos

Need some recipe inspiration?

Check out our tried and true heavy-on-the-veg recipes via the Vegetable Week & The Big Veggie Crunch website- www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/.

LUNCH BOX LEGENDS

You can encourage your kids to eat more vegetables over the whole day by including them in lots of different ways in lunchboxes.

Crunch&Sip® (or your schools fruit, vegetable and water break) is a perfect opportunity to up the veg!

Options to try include: vegetable sticks such as celery, capsicum, carrot and cucumber; cold cooked vegetables such as corn cobs, small potatoes or leftover dinner vegetables; canned legumes (e.g. butter beans, cannellini beans or edamame beans); frozen vegetable pieces in a container (e.g. peas, corn and carrot mixes); or even whole raw vegetables such as carrots, cherry tomatoes, beans, and mushrooms.

Why not try cooking some veggie-ful baked goodies for recess or morning tea? Think pumpkin scones, zucchini slice, pea fritters or corn muffins. Many of these options can be cooked in bulk, frozen and then put straight into the lunchbox from the freezer. For recipe ideas head to the Vegetable Week & The Big Veggie Crunch website.

Serving sandwiches, wraps or rolls for lunch?

You can add the usual suspects like lettuce, tomato and cucumber but why not try branching out with something more likely to get the kids excited about veg:

- Use avocado or hummus as a spread
- Add a rainbow of shredded vegetables, e.g. grated carrot, grated beetroot, thinly sliced capsicum, and a variety of sprouts
- Use mashed cooked pumpkin or sweet potato somewhere in the middle of the fillings
- Cut up crunchy vegetables into small bits to add texture to creamy fillings like tuna/egg/chicken and mayonnaise. Try celery, capsicum, green beans and corn kernels

In partnership with



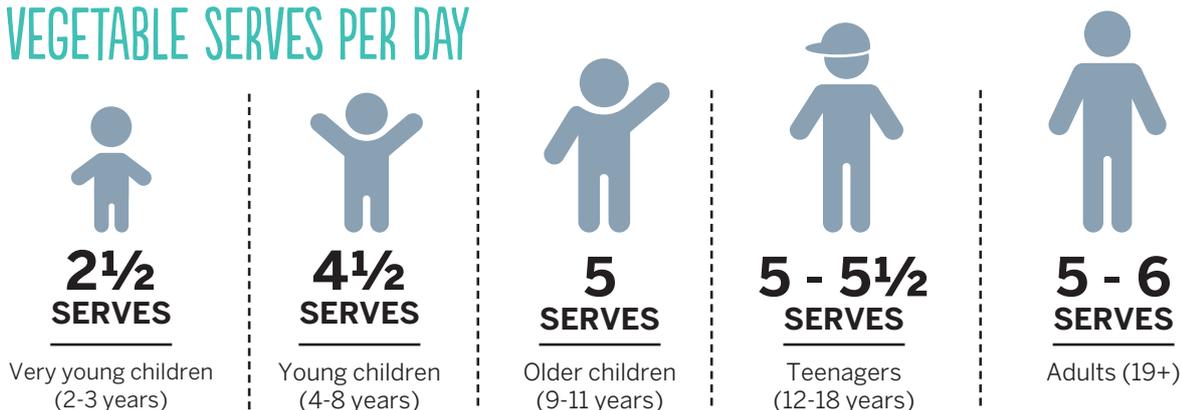
HOW MUCH DOES YOUR FAMILY NEED?

Did you know: only about 6% of Australian children and 7% of adults eat enough vegetables?

How do you know if your family is eating enough? If your family eats vegetables at most meals and snacks then you are doing well. Check the recommendations for each family member below for more detailed amounts.

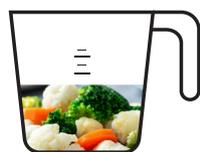


RECOMMENDED NUMBER OF VEGETABLE SERVES PER DAY



What is a serve?

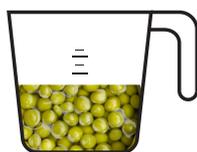
1 SERVE OF VEG =



1/2 CUP
cooked vegetables



1 CUP
salad vegetables



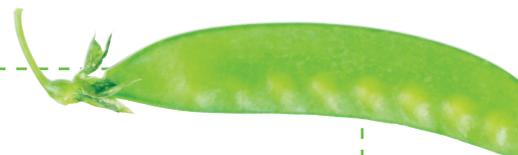
1/2 CUP
canned vegetables



1
medium tomato



1/2
medium potato



SO HOW DO YOU ENCOURAGE YOUR FAMILY TO EAT MORE VEG?

Be a role model. All the adults in the house have an impact on what the kids eat. So eat lots of different types of vegetables in lots of different colours – and enjoy them!

Talk up the experience. When you and your kids are eating vegetables, talk about the bright colours, the varying tastes and textures of vegetables and how people feel after eating vegetables.

Avoid telling your kids to eat veg because they are healthy. Kids live in the moment! How they feel right now means more to them than long term health outcomes.

Keep putting them out there. If you avoid putting vegies in your kids' meals and snacks or hiding them so they don't know, they won't learn to eat them. Be patient, the more you offer them, the more likely they'll try them eventually.

Make it easy and available...especially when they are hungry!

Use the Up the Veg poster to encourage your family to eat a wider variety of vegetables. You can find it via the Vegetable Week & The Big Veggie Crunch website - www.healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/.

Be rewarding! Give positive feedback to your kids for trying new vegetables. Steer clear of using threats or food rewards. The best rewards are descriptive praise, affection and your time!

