



Resource up!

Only a few more weeks left for Vegetable Week & The Big Veggie Crunch! **The Big Veggie Crunch will be held at 10am on Thursday 30 March.** Can't crunch at that time? That's ok! Just choose another time over the week. You will be able to adjust your school's countdown clock so that you can countdown together.

In this eNewsletter you will find all the resources you will need to run this quick, fun and exciting event at your school.

What's new in 2023?

\$75 veggie grants

There are only a few of the veggie grants left, hurry up and [apply now!](#)

Stickers

The 'I CRUNCHED' stickers for the Big Veggie Crunch will soon be posted to your school. Do you have any questions about the stickers? Please [contact us](#).

Resources for the school, classroom and to send home

Want to send the 'eat more vegies' message home to parents and carers? Need some ideas for other school and classroom activities to run alongside the Big Veggie Crunch? Then take a look at these Veggie Boost resources.

- [Veggie Boost at Home](#) provides tips on how parents/carers can support their family to eat more vegetables including meal, snack and lunchbox ideas
- [Veggie Boost across the Whole School](#) has lots of ideas for ways to spread the 'eat more veg' message throughout your school and into your local community
- [Veggie Boost in the Classroom](#) has links to vegetable lessons as well as ideas for quick, fun, veg-based activities



A veg-tastic week

Encourage your students to bring in vegetables every day with the [Veggie Boost poster](#). The [poster](#) is a visual and positive class-based tool that promotes children eating more vegetables, and a greater variety of vegetables, over the school day.



Use to the poster to see: how many vegetables your classes are eating, what colour vegetables are most popular and what types of vegetables are brought in most.

Make things fun by having a theme: e.g. Red Mondays, Fruity Veg Tuesdays, Green Wednesdays, Flowery Veg Thursdays, Rainbow Fridays

There are more ideas on how to use the poster in the [Teacher's Notes page](#) as well as information on how to classify vegetables according to colours and types.

Spread the word

Let parents and carers know about your plans for The Big Veggie Crunch, including when to pack the all important veg for crunching! You can use our ready-to-go [School Newsletter Snippets](#) and modify them to suit your event.

Want to let your wider community know about your health promotion activities at school? The [Schools Media Release](#) can be used to alert local media. And if you are planning on posting about your event on Facebook, Twitter or Instagram don't forget to tag Healthy Kids Association and use the hashtag #BigVeggieCrunch.

Count it down...

Build the excitement and help us to tally the numbers with the [The Big Veggie Crunch Countdown](#).



Each registered school has been provided with their own personalised countdown clock and participation form. You can [search](#) for your school's clock or we will send you an email with a direct link to your clock and more instructions in the week prior to the event so you are all prepared!

School competition: design a mascot for Vegetable Week



Vegetable Week needs a mascot! In this year's school competition, we will be looking for the most fun, cool and creative design.

The winning mascot will be featured in promotional material and resources for Vegetable Week 2024 (which are distributed to over 500 schools in NSW!). The winning school receives a \$400 Veggie Voucher to purchase vegetables for their school from a local supplier. Two runner-up schools will each receive \$250 vouchers. The winning student will receive their mascot printed on fun totebags for their whole class!

Entry is simple! Download and print the entry forms from the [resource webpage](#) or [here](#) and send up to 5 of your school's best designs to info@healthy-kids.com.au by Friday 31 March, 5pm.

The competition is only open to NSW primary schools registered for Vegetable Week & The Big Veggie Crunch. For more information check out the competition [Terms and Conditions](#).



Cook up a veg-storm!

If you want to get cooking during Vegetable Week, check out the [Vegetable Week & The Big Veggie Crunch recipe page](#). We have collated some of our favourite heavy-on-the-veg recipes for snacks, lunchboxes and hot meals. Perfect for families, the canteen or the school kitchen.



Quick links to our resources

- [Veggie Grants](#)
- [The Get ready..get steady..get crunching organisational tool](#)
- Veggie Boost resources for your [classroom](#), [whole school](#) and for [at home](#)

- [Classroom poster](#) and [teacher's notes](#) or [family notes](#)
- Your [Big Veggie Crunch countdown clock & song](#)
- [Vegetable Week & The Big Veggie Crunch recipes](#)
- [Newsletter snippets](#) and [Media Release](#)
- School Competition [entry sheet](#) and [TCs](#)

Wondering what Vegetable Week & The Big Veggie Crunch is all about?

Vegetable Week, featuring the fun event 'The Big Veggie Crunch,' is a quick and easy school-based event for NSW primary schools.

'The Big Veggie Crunch' is an attempt by NSW primary school students to break the record for the highest number of children eating vegetables simultaneously – and to get kids excited about vegetables!



It's a fantastic and exciting way to start your school year with a health-promoting crunch.

Vegetable Week 2023 will run from Monday 27 March to Friday 31 March, with The Big Veggie Crunch held at 10am on Thursday 30 March.

Find out more at the [Vegetable Week & The Big Veggie Crunch website](#)

We're happy to help.

Got a question about the event or registration?
Contact us [here](#).



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