

# VEGIE BOOST

## 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. 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!

Not a top-chef in the kitchen? No problem, check out some simple recipes from NSW Health - <https://www.healthyliving.nsw.gov.au/food/healthy-recipes>

#### Need some more recipe inspiration?

Check out our tried and true heavy-on-the-veg recipes on the Vegetable Week & The Big Veggie Crunch recipe webpage - [healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/recipes/](https://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/recipes/).

### 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 for a vegie boost!**

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 vegie-ful baked goodies for recess or morning tea?**

Try adding vegie-ful baked goodies for recess or morning tea.

- Pumpkin scones
- Zucchini slices
- Pea fritters
- Corn muffins

These snacks can be cooked in bulk, frozen and then put straight into the lunchbox from the freezer!

**Serving sandwiches, wraps or rolls for lunch?**

Lettuce, tomato and cucumber make great fillings - if you want more options try these ideas!

- 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 a small amount of mayonnaise. Try celery, capsicum, green beans and corn kernels.



## HOW MUCH DOES YOUR FAMILY NEED?

**Did you know:** only about 5.1% 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



**2 1/2  
SERVES**

Very young children  
(2-3 years)



**4 1/2  
SERVES**

Young children  
(4-8 years)



**5  
SERVES**

Older children  
(9-11 years)



**5 - 5 1/2  
SERVES**

Teenagers  
(12-18 years)

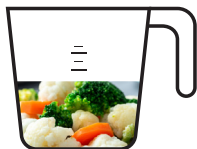


**5 - 6  
SERVES**

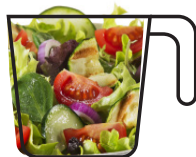
Adults (19+)

### What is a serve?

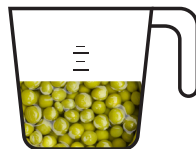
#### 1 SERVE OF VEG =



**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.

**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.

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

**Use the Vegie Boost poster to encourage your family to eat a wider variety of vegetables.** You can find it at the Vegetable Week & The Big Vegie Crunch resource webpage - [healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/resources/](http://healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/resources/)

**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!

