



VEGIE BOOST

ACROSS THE
WHOLE SCHOOL

**Your school is involved in
Vegetable Week & The Big Veggie Crunch.**



SUPER CHARGE THE BIG VEGIE CRUNCH!

Join thousands of primary students across NSW to crunch on vegetables at the same time. Get your students excited about eating vegetables and breaking previous records!

If you need help to get organised, check out the Get Ready! Get Steady! Get Crunching! resource*. It has tips on how to get ready for the big day and even includes a planning template.

INVOLVE THE SCHOOL CANTEEN

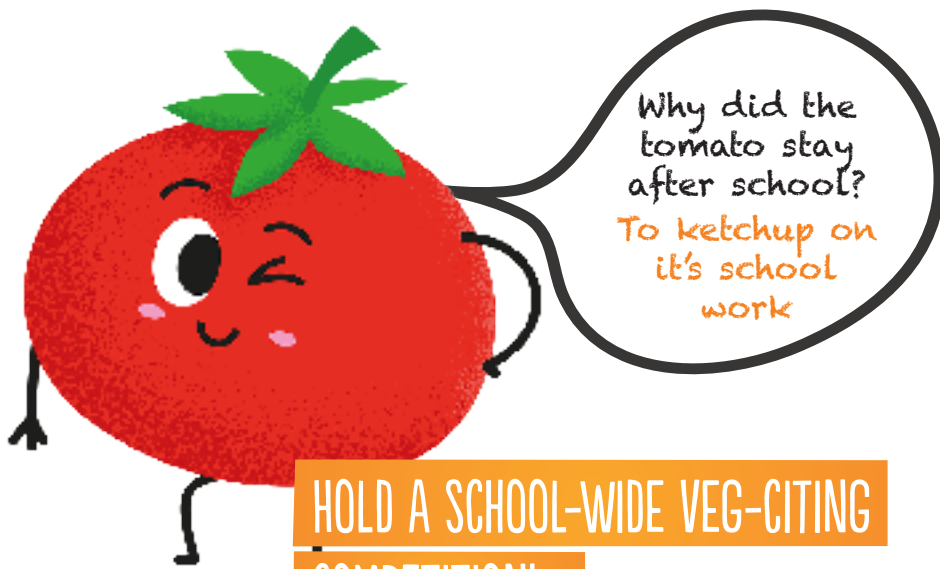
The canteen is where kids get to use their purchasing power! Encourage them to eat more veg by putting more veg out there.

We all know the items at eye level on the counter are the ones that get purchased. During Vegetable Week, place lots of colourful and tasty veggie-ful (Everyday!) snack items where the kids can't miss them. Price them favourably and ask canteen staff/volunteers to promote them to the students.

You can also 'boost the veg' in your standard menu items by providing a free pack of vegetable sticks or side salad with hot meals and extra vegetables in sandwiches, wraps and burgers.

Or why not try some of the school canteen ideas from previous Fruit & Veg Month events?*





HOLD A SCHOOL-WIDE VEG-CITING COMPETITION!

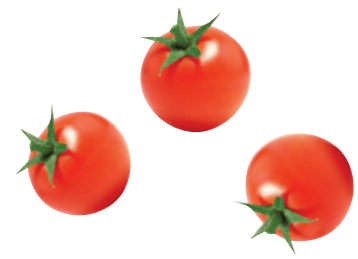
Some ideas include:

Create a vegie-themed chalk drawing on the school grounds (with the whole school participating)

Students can write a limerick or poem about vegetables. The best of each class can read theirs during The Big Vegie Crunch

Design a new vegetable' drawing or picture collage competition

Vegetable guessing competition. Provide clues each day over Vegetable Week and classes or house groups submit their answers at the end of the week to see who gets the most vegetables correct!



MAKE YOUR CRUNCH

LAST LONGER

Use Vegetable Week & The Big Vegie Crunch to trial or relaunch Crunch&Sip® at your school with an extra focus on vegetables. Most kids eat enough fruit but only ~6% are eating enough vegetables. Your school may already have a fruit break, but Crunch&Sip® encourages students to bring vegetables, not just fruit. The Crunch&Sip® program also has lots of resources to help you communicate with parents on what to pack.

health.nsw.gov.au/health/schools/Pages/crunch-and-sip.aspx

*What am I? I come in all different kinds of colours, all high in Vitamin C. I give a great crunch too! Do you like me green, yellow or red?
A capsicum!*



COMMUNITY CRUNCH

Use the Schools Media Release* to let local media know what is happening at your school over Vegetable Week – a great way to promote yourselves as a health-promoting school!

Ask local vegetable retailers, growers or distributors to talk to the students about the paddock to plate cycle. Or organise selected classes to visit a local community or market garden or walk through the local fruit and veg shop.

If possible, involve your parents by inviting them to a vegetable morning tea or long table lunch table. You

want the 'eat more vegetables' message to be heard at home. So, let them see it in action at school!

Post about your event on social media to spread the message further. Remember to tag Healthy Kids using @healthykids.au for Facebook, @healthykidsau for Twitter and @healthykidsau for Instagram and use the hashtag #BigVegieCrunch so we can find your post.

* You can access all these resources via the Vegetable Week & The Big Vegie Crunch resource webpage - healthy-kids.com.au/teachers/vegetable-week-the-big-vegie-crunch/resources/