

## **GET READY FOR THE BIG VEGIE CRUNCH!**

On **Thursday, 5<sup>th</sup> March at 10 am** (Week 6) our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.



But we need your help to make it a success!

On Thursday, 5<sup>th</sup> March, please pack your child a container of vegetables (**not fruit**) for them to crunch on.

Need some ideas?

- carrot, celery, cucumber – cut into sticks or left whole
- capsicum – cut into sticks or wedges
- corn – raw baby corn spears or a cooked corn cob
- broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
- tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
- beans or snow peas - raw or lightly cooked to keep their crunch
- mushrooms – sliced or left whole

If you require more information on The Big Veggie Crunch, please contact the school or your child's teacher.

**Mrs. Krensel, Miss Washburn and Mr. Brown**  
*Vegetable Week School Coordinators*