



# The Great Vegie Crunch!

Dear Parents/Guardians,

Our school is taking part in The Great Vegie Crunch, joining with schools from across Western Australia to simultaneously crunch on fresh vegetables – and have fun doing it! Did you know that only 6 per cent of Western Australian school aged children eat the recommended daily intake of vegies? The Great Vegie Crunch aims to change that and educate students on the importance of eating more vegetables. More information is available on the Crunch&Sip® website here [crunchandsip.com.au/events](http://crunchandsip.com.au/events).

## Can we CRUNCH like Crocodiles?

**Date:**

**Time:**

**Please ensure your child brings:**

Some fresh, washed vegetables to crunch on. Maybe a carrot or sugar snap peas, or cut up some capsicum, broccoli, cucumber or celery?

**Why:**

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Follow Crunch&Sip® on Facebook and Instagram to stay up to date with upcoming events, as well as have access to nutrition information.

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