

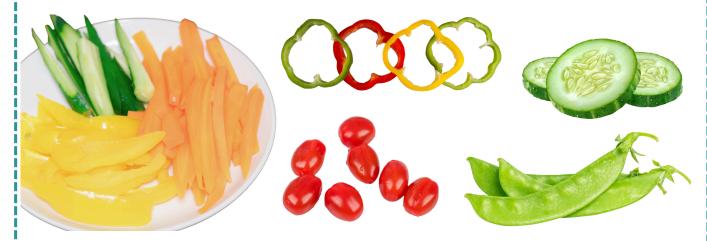
Crunch on Vegetables!

Primary school aged kids need up to 5 serves of vegetables every day.

A serve is half a cup of cooked vegetables or one cup of raw salad vegetables.

School is a perfect time to increase vegetable intake! Pack more vegetables for school with these tips:

- Thop carrot, cucumber, capsicum or celery into vegetable sticks.
- Pack small, bite sized vegetables in containers. Try snow peas, cherry tomatoes, baby cucumbers or broccoli.
- Cook extra vegetables the night before and store them in the fridge ready to be added to the lunchbox.
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Good for Kids acknowledge the traditional owners and custodians of the land that we live and work on as the first people of this country, and pay our respects to Elders past and present.