







## 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:

-  Chop 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.
-  Let your child help choose, prepare and pack the vegetables.

