



## HOW MANY SERVES A DAY?

Age	Boys	Girls
2-3 yrs	2.5	2.5
4-8 yrs	4.5	4.5

**1 serve** = ½ cup cooked veg or  
1 cup raw veg and leafy greens



## IDEAS ON WHAT TO PACK?



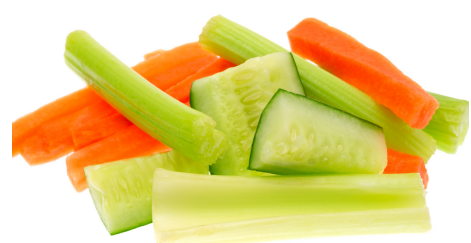
Capsicum cubes



Beans



Corn



Cucumber, carrot  
or celery sticks



Beetroot chunks



Broccoli florets



Tomato slices  
or wedges



Snap or  
snow peas



Carrot circles



Cherry tomatoes



Mini cucumbers



Frozen peas

## CRUNCH TIME

Crunch&Sip® is a time during the day when primary school children eat vegetables or fruit and drink water during class time, to refuel and maintain concentration. It has been found that children more frequently bring fruit as their Crunch&Sip® snack.

Whilst fruit is very important, research shows that less than 2% of children aged between 2-8 eat enough veggies.

**Crunch Time** is a designated time in the day where preschool children eat vegetables brought from home or provided by the service. This prepares them for Crunch&Sip® as they transition into primary school, and sets up lifelong habits for increased vegetable intake.

## USEFUL TIPS...

### Start slow

Pack a vegetable that your child enjoys one day a week and build up from there.

### Pre-prepare

Chop veggies at the start of the week, store in airtight containers to grab and go.

### Get creative

Pack veggies according to colour and let your child choose or pack the rainbow!

### Let them choose

Take your child grocery shopping and allow them to choose their veggies.

### Involve them

Let your child help with the preparation of veggies. If they are young, let them supervise.

### Keep fruit

Remember, fruit is still an important part of your child's diet. Make sure they're still getting their two serves in each day (e.g. morning and afternoon tea).





**FRUIT AND VEGGIES ARE FULL OF ESSENTIAL NUTRIENTS THAT KIDS NEED TO BE HEALTHY. ALTHOUGH MOST AUSSIE KIDS EAT ENOUGH FRUIT, LESS THAN 2% OF KIDS AGED BETWEEN 2-8 EAT ENOUGH VEGGIES!**

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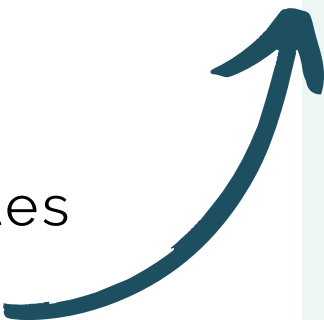
**Crunch time** is integrated into pre-existing Munch and Move practices. It is designed to prepare preschool children for Crunch&Sip® as they transition into primary school, with a strong focus on increasing vegetable intake. It may be a designated time each day where children do a Crunch Time activity or eat vegetables whilst continuing to play.

**To prepare children for primary school why not incorporate Crunch Time at your service - choose one day a week where services or families provide a vegetable snack for children to eat!**

A NEW APPROACH

Getting children to eat their vegetables doesn't have to mean broccoli stand-offs or tantrums over tomatoes.

Take the stress out of introducing vegetables to kids with these fun activities.



ART

Get creative with vegetable off-cuts: broccoli paint brushes, cucumber stamps and capsicum stencils. Have a plate of chopped-up veggies to munch on after the session. An alternative option is to use colourful dips such as beetroot hummus instead of paint - creative and edible.

PLAY

Who can keep their veggie slice on their forehead, nose or lips the longest? Instead of 'Duck Duck Goose', try 'Carrot, Carrot, Tomato'. Carrots stick, cucumber circles or green beans make great blocks for building houses, towers or even a game of Jenga!

CREATE

Rice cakes spread with ricotta or cottage cheese make great canvases to create veggie faces. Try grated carrot, zucchini noodles, cherry tomatoes or alfalfa sprouts.

CHALLENGE

Create Crunch Time teams and challenge their vegetable intake each week: Which group ate the most variety. Which group ate the most orange vegetables?

STORY TIME

Try reading 'The Magic Lunchbox', 'Little Pea' or another vegetable-themed tale.

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