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The Big Vegie Crunch is on next week!

Here are some final tips and information on how to countdown together and let us know if you did (or didn't) participate.

In 2023, we are aiming to beat these records:

- 50,260 students crunching simultaneously in 2018
- 14,991 crunching at another time in 2019

The Big Vegie Crunch will be held at 10am on Thursday 30 March. Can't crunch at that time? That's ok! Just choose another time over the week. You will be able to adjust your school's countdown clock so that you can countdown together.

Let's crunch together



Each school has their own Countdown Clock, which counts down to Crunch time. This helps us crunch together and tally student numbers.

Search for your school's personal countdown clock: <https://healthy-kids.com.au/bvc2023schoolsearch/>

Tip: Follow the link now to familiarise yourself with your school's Countdown Clock page before The Big Vegie Crunch.

Not crunching at 10am on Thursday March 30?

Your clock has been set for crunching at 10am on Thursday March 30 by default. If you are crunching at a different time, you can update your clock.

Confirm your student numbers just before your Crunch

On the day of your Crunch, please confirm the number of students crunching at your school via the link on your Countdown Clock. Once you have confirmed your numbers, watch the state-wide tally go up! Confirming your student numbers helps us find out how many actually participated and if we broke the record.

Stickers

The 'I crunched' stickers have been posted to your school address. Check with the school office to see if they've arrived. If you've recently registered, please allow 1 week for your stickers to arrive. Please [contact us](#) if you have any questions or concerns about the stickers.

Media release

Let your local community know about your involvement in The Big Veggie Crunch by sending a media release. A [media release](#) is available for you to use and modify to suit your school.

Not participating this year?

We know things change. If you are not able to participate, please let us know via the link on your Countdown Clock.

What happens after?

After the event, keep your eye on the student tally on the [Vegetable Week & The Big Veggie Crunch website](#) to see if we broke the record!

Please [let us know](#) if you have any problems using the Countdown Clock and participation form.

Big prizes up for grabs!

Enter our school competition for your chance to win a Veggie Voucher. There will be one winner and two runner-ups.

Entry is simple! Download and print the [entry forms](#) and send up to 5 of your school's best designs to info@healthy-kids.com.au by Friday 31 March, 5pm.

The competition is only open to NSW primary schools registered for Vegetable

Week & The Big Vegie Crunch. For more information check out the competition [Terms and Conditions](#).



What other resources are available?

You can find many resources [online](#) to help you plan and run the event:

- [The Get ready, get steady, get crunching organisational tool](#)
- Vegie Boost tips and ideas for your [classroom](#), [whole school](#) and for [at home](#)
- [Classroom poster](#) and [teacher's notes](#) or [family notes](#)
- Your [Big Vegie Crunch countdown clock & song](#)
- [Vegetable Week & The Big Vegie Crunch recipes](#)
- [Newsletter snippets](#) and [Media Release](#)
- School Competition [entry sheet](#) and [TCs](#)

Wondering what Vegetable Week & The Big Vegie Crunch is all about?

Vegetable Week, featuring the fun event 'The Big Vegie Crunch,' is a quick and easy school-based event for NSW primary schools.

'The Big Veggie Crunch' is an attempt by NSW primary school students to break the record for the highest number of children eating vegetables simultaneously – and to get kids excited about vegetables!

It's a fantastic and exciting way to start your school year with a health-promoting crunch.



Vegetable Week 2023 will run from Monday 29 March to Friday 31 March, with The Big Veggie Crunch held at 10am on Thursday 30 March.

Find out more at the [Vegetable Week & The Big Veggie Crunch website](#)

We're happy to help.

Got a question about the event or registration?

Contact us [here](#).



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