



# Vegie crunch at home



9 Tips to make eating vegies easy and fun at home.

## Ready?

Prepare for your vegie week at home by planning ahead. Visit [this website](#) for great tips on smart vegie shopping and prepping.

Use frozen or canned vegies, they are delicious and nutritious. They last for ages in your freezer or pantry!

Get kids involved in vegie shopping so they can explore vegies of all types, shapes and colours. Why not choose a new vegie to try in a dish at home?

## Steady...

Munch on some crunchy vegies with a tasty dip while you wait for dinner.

Use avocado as a spread on sandwiches, wraps and rolls. Also add some lettuce, cucumber and tomato for an extra crunch!

Add flavour to your vegies with a splash of lemon, oil, spices or even some parmesan cheese on the top.

## Crunch!

Getting your child to help you in the kitchen can inspire them to taste and consume a greater variety of vegetables!



Present vegies in interesting ways - in sticks, ribbon slices or fun shapes. Make them look appealing by including different coloured vegies.

Family vegie challenge:  
A tick for each day you:

- Eat 5 different coloured vegies
- Try a new vegie