



**MARCH**  
*munch*  
**2021**

Our school is participating in March Munch, where students challenge themselves to crunch on vegetables for Crunch&Sip® during the month of March.

Crunch&Sip® is a set break during the school day for students to eat vegetables or fruit and drink water in the classroom. As only 6% of primary school kids in Australia eat enough vegetables, the program is encouraging kids to choose vegies for Crunch&Sip® to help boost this figure!

Please send vegetables for your child to eat for Crunch&Sip® during March. Snow peas, a whole celery stick, cut up cucumber or capsicum, cauliflower florets, cherry tomatoes or carrot sticks are all great choices.

For more information head to: [crunchandsip.com.au/event/1/march-munch-2021](https://crunchandsip.com.au/event/1/march-munch-2021)



**Crunch&Sip®**