

# Vegie Month 2023

Registrations are  
now open!

Join hundreds of services across NSW  
to celebrate Vegie Month 2023.

Vegie Month encourages services to include vegetables into daily programs. Nutrition learning experiences can include experiments, songs, stories, art, discussions, or gardening.

The theme is “Be a Veg Explorer” which is about using the five senses to explore vegetables. Services who register receive an electronic resource pack including an educator manual and recipe eBook.



Vegie Month runs from **Monday 6th to Friday 31st March**. The last week of Vegie Month includes the Big Vegie Crunch which is also done in primary schools.

To register scan the QR code or visit:

<https://healthupnorth.info/vegmonth23>

