



Exciting new healthy eating competition for primary school children

Dear Friend

Leading health charity the **Vegetarian & Vegan Foundation** (VVF) has launched a fantastic new competition for primary school children across the South West – to help them learn about healthy eating.

Government statistics warn that nine out of 10 children could grow up with dangerous amounts of fat in their bodies – so helping them to make the right food choices could help prevent life-threatening illnesses such as cancer, type 2 diabetes and heart disease from developing in later life.

So the VVF is challenging kids **to design their own healthy lunchbox** for a competition to win some great prizes for their class, a special visit from Charlie the Chicken, and a fun workshop by the VVF team.

Entries can be in the form of drawings, paintings or collages – the more colourful and imaginative the better.

Pupils can visit a new website www.veggiekids.org.uk to research which healthy foods they could feature in their lunchbox, **which should be veggie, containing no meat, eggs, or dairy products such as cheese or milk.** For more information about this visit our [website](http://www.veggiekids.org.uk).



VeggieKids.org.uk

The VVF is highly experienced and recognised in this field – with a team of 120 trained school speakers who have hosted talks, workshops and cookery demonstrations in schools throughout the UK.

Taking part in the competition may count towards fulfilling National Curriculum guidelines for Personal, Social, and Health Education Key Stage 1 – both by giving pupils the chance to learn about choices they can make that improve their health and wellbeing; and increasing awareness of the views, needs and rights of other people, namely those following meat and dairy-free diets.

Entries should be sent by post to Veggie Kids Lunchbox Competition, VVF, Top Suite, 8 York Court, Wilder Street, Bristol BS2 8QH, by Monday, 1 June.

The winning entrant will receive:

A VVF prize goodie bag

Their picture will feature on the Veggie Kids website

The winning school will receive:

A special visit from Charlie the Chicken, and a fun workshop by the VVF team to learn more about food and nutrition!

Five runners up prizes will also be awarded.

Why veggie?

The VVF reckons that a healthy lunchbox is a veggie lunchbox! Get the balance right by including a wide range of plant-based foods... think wholegrains, pulses (peas, beans and lentils), fresh fruit and veg, nuts and seeds.

These foods provide:

- vitamins and minerals
- essential fatty acids (including omega-3)
- disease-busting antioxidants
- fibre

A veggie kids lunchbox might include, for example:

- sandwiches made on wholemeal bread, filled with hummus and lettuce
- cherry tomatoes
- portion of mixed nuts or raisins
- piece of fruit
- homemade smoothie

www.veggiekids.org.uk features lots more ideas!

A veggie diet is very close to the official recommendations for healthy eating. But is it suitable for children? A resounding: "Yes, of course it is!" Vegetarian and vegan children obtain all the protein, energy and vitamins they need – and [here's the research](#) to prove it.

Nutritional advantages

The nutritional advantages of bringing up children on a veggie diet have been highlighted, too. The *Journal of Pediatric Health Care* states that veggie children and

teenagers take in less harmful cholesterol, saturated fat and total fat, and more fruit, vegetables and fibre than their non-veggie counterparts – all essential to a healthy life. Vegetarian children are also leaner, says the report, and have less risk of developing several chronic diseases in adulthood. Click here to [read more!](#)

For more information about the healthy eating competition, please call VVF senior nutritionist, Amanda Woodvine on 0117 970 5190 or email amanda@vegetarian.org.uk.

We look forward to hearing from you.

Yours sincerely

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