

Eat Them to Defeat Them - 2nd March 2026 - campaign for primary and special schools.

Fully funded by Enfield Council, sign-up deadline 31st January.

Simply sign up by providing:

- Schools contact and address
- Caterer name
- Accurate number of pupils on roll

Schools will receive take home packs for pupils and resources for the school all about fruit and veg!

Eat Them to Defeat Them is a programme for primary and special schools which encourages children to eat more veg by making it fun. It will return for an eighth year in March 2026. The programme includes lesson plans, activities, caterers support and take-home resources for families.



WHAT DO PARENTS SAY?

82%
PARENTS
of children who took part said they
ATE MORE VEGETABLES



62% PARENTS
of children who took part in schools
said they also
ATE MORE VEG



60%
OF PARENTS
REPORTED A LASTING CHANGE IN
THEIR CHILDRENS' DIET



78%
children were more
likely to **FINISH**
their veg which
REDUCED WASTE



90% Children
ATE MORE VEG
with their school **Lunches**



94%
SCHOOLS
want to
DO IT AGAIN next year



Find Out More and Sign Up: vegpower.org.uk/eat-them-to-defeat-them

Contact us: hello@vegpower.org.uk

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