

## REGISTERED CRUNCH&SIP<sup>®</sup> CLASSROOM GUIDELINES

### CRUNCH&SIP<sup>®</sup>

Crunch&Sip<sup>®</sup> is a short break for students to eat salad vegetables or fruit and drink water in the classroom. Crunch&Sip<sup>®</sup> supports students to establish healthy eating habits whilst at school.

### GOAL

All students and teachers enjoy a Crunch&Sip<sup>®</sup> break and eat vegetables or fruit and drink water in the classroom every day.

### OBJECTIVES

The objectives of the Crunch&Sip<sup>®</sup> break are to:

1. Increase awareness of the importance of eating vegetables and fruit and drinking water.
2. Give students, teachers and staff an opportunity to eat vegetables and fruit during an allocated Crunch&Sip<sup>®</sup> break in the classroom.
3. Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
4. Encourage parents to provide students with fruit or vegetables every day.
5. Develop strategies to help students who don't have regular access to fruit and vegetables.

### CRUNCH&SIP<sup>®</sup> CLASSROOM REGISTRATION

Classroom teachers can apply to become a registered *Crunch&Sip<sup>®</sup> Classroom* to acknowledge their efforts and commitment in promoting health eating to their students. Schools may have multiple classrooms registered.

- Registration is valid for one school year (February to December) or part thereof.
- Teachers are required to re-apply at the commencement of a new school year to account for a new intake of students.
- Resources received on registration include: tally chart (1 per class), set of 10 desk mats (either junior, middle or upper primary), sticker sheets (5 per class), certificate (1 per class), and water bottle stickers (1 per student).
- Resources available at any time include: Crunch&Sip<sup>®</sup> brochures, bookmarks, posters and parent reminder magnets (listing permitted foods).

### PEOPLE INVOLVED IN CRUNCH&SIP<sup>®</sup>

A number of school staff and community members can assist classroom teachers with Crunch&Sip<sup>®</sup>. These include: principal and administration staff, other teachers and education assistants, school health nurse, health/physical education coordinator, school canteen representative, parents, students and external agencies e.g. Foodbank WA.

## **IMPLEMENTING CRUNCH&SIP<sup>®</sup>**

### **In the classroom**

Teachers will:

- Set a Crunch&Sip<sup>®</sup> time each day in the morning or afternoon.
- Encourage students to eat vegetables or fruit in the classroom each day during the designated Crunch&Sip<sup>®</sup> break.
- Make provisions for students who are unable to access vegetables and fruit.
- Encourage students to drink a bottle of water in the classroom throughout the day.

Students will:

- Wash their hands prior to the Crunch&Sip<sup>®</sup> break.
- Bring vegetables or fruit to school each day to eat at the break.
- Wash their water bottle and fill it with water daily.

### **Disseminating information to parents and staff**

- Parents and staff will be made aware of Crunch&Sip<sup>®</sup> by including details:
  - during student enrolment (if applicable)
  - during parent interviews and meetings
  - reminders for parents and teachers up to four times a year. Either as verbal reminders, letters, brochures etc.

## **FRUIT OR VEGETABLES AND WATER GUIDELINES**

### **Vegetables**

All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.)

### **Fruit**

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices)
- Fruit canned with artificial sweeteners added is not permitted.
- Dried fruit is permitted (e.g. sultanas), although fresh fruit or vegetables is the first choice because dried fruit has a high concentration of natural sugar and tends to cling to teeth, increasing the risk of tooth decay

### **Water**

- Only plain water is to be consumed in the classroom.

### **Foods not permitted at the designated Crunch&Sip<sup>®</sup> break**

- All other foods
- All other drinks are not permitted including:
  - Water with added vitamins, minerals or carbonates
  - Fruit juice or fruit juice drink
  - Fruit cordial or mineral waters
  - Vegetable juices



## **CREATING A SUPPORTIVE ENVIRONMENT**

To support the establishment of healthy eating habits for students, teachers and staff, the consumption of vegetables or fruit and water is encouraged at the following times:

### **Physical Education and Sport**

All students will be encouraged to drink water from a water bottle during physical education and sports classes.

### **Camps and excursions**

All students will be required to bring an individual water bottle for all camps and excursions.

### **Adult role modelling**

Teachers, staff and parents will model appropriate consumption of vegetables, fruit and water to reinforce the Crunch&Sip<sup>®</sup> guidelines.

### **Occupational Safety and Health**

- Water bottles are to be washed daily.
- Parents will be informed of the importance of rinsing fruit and vegetables.
- Students will be informed of the importance of hand washing before eating.
- Students will be required to wash their hands before eating.

### **School canteen**

- The school canteen will be encouraged to sell vegetables and fruit at cost price.

### **School management**

The school management will:

- Maintain a clean and safe water supply for students to refill water bottles.
- Support the school to undertake whole school Crunch&Sip<sup>®</sup> certification if appropriate.
- Assist teachers in providing access to vegetables or fruit for all students if needed, including budgeting each year to purchase fruit and vegetables and seeking donations of fruit or vegetables from local orchards, retailers or families.

For further information or assistance with completing your application visit the Crunch&Sip<sup>®</sup> website or contact the Crunch&Sip<sup>®</sup> team:

**Phone:** (08) 9212 4333

**Email:** [schools@cancerwa.asn.au](mailto:schools@cancerwa.asn.au)

**Web:** [www.crunchandsip.com.au](http://www.crunchandsip.com.au)