

Crunch&Sip®



Time to refuel
Crunch some fruit or veg
Sip some **water**
Feel great

What is Crunch&Sip® ?



- Crunch&Sip® is a set time in the classroom for students to crunch on some salad vegetables or fruit; and to sip water throughout the day
- This gives students a chance to re-fuel, a bit like putting petrol in a car



Why Crunch&Sip®?



- WA kids are not eating enough vegetables and fruit!
- Crunch&Sip® helps to increase children's vegetable, fruit and water consumption and prevents students from going hungry during long lessons
- Children who are hungry and dehydrated find it difficult to concentrate in class. Teachers report that children are happier, better behaved, more willing to learn, and concentrate better after Crunch&Sip® time



“It comes through in the classroom – discipline-wise – the kids are more focused and less likely to be distracted”

Teacher at a Crunch&Sip® school

Why Crunch&Sip®?



***“It’s not just healthy eating
- it’s giving kids skills and
knowledge for life”
Teacher at a Crunch&Sip® school***

- Children often don’t drink enough water, and can forget to unless reminded; Crunch&Sip® encourages children to drink water throughout the day
- Parents receive consistent nutritional messages about fruit, vegetables and water
- Students, teachers, and parents all win with Crunch&Sip®

Steps to becoming a Crunch&Sip[®] certified school



We've simplified the certification process into 3 easy steps:

- Nominate a Crunch&Sip[®] Coordinator
- Download and complete the certification checklist.
- Fill in the online application form at www.crunchandsip.com.au

“Becoming a Crunch&Sip[®] certified school was an easy process for us and was the logical progression for program implementation”

Certification checklist



- Gather support from the school community
- Introduce Crunch&Sip® into classrooms
 - At least 75% of students must be participating
- Identify ways to provide fruit or vegetables to students who can't access them
- Complete the Crunch&Sip® pledge

The complete checklist and the template pledge are available from the Crunch&Sip® website

Steps to becoming a Crunch&Sip[®] certified school



Implementing a set time for Crunch&Sip[®]

- Start with a few classrooms
- Set classroom rules
- Inform parents that they will need to pack Crunch&Sip[®] in their child's lunch box
- Once a set time for Crunch&Sip[®] is established, it becomes a regular part of the school day



Crunch&Sip® permitted foods



The Crunch&Sip® break is a time to introduce children to raw vegetables and fruit and encourage the water drinking habit. Fresh vegetables and fruit are the best choice. Please only send foods with a tick:

✓ Allowed

Vegetables

- ✓ All fresh vegetables (eg celery, carrot sticks, broccoli bits etc.)

Fruit

- ✓ All fresh fruit (eg whole fruits, chopped melon etc.)
- ✓ Fruit canned in water, juice or 'no added sugar' (eg peach slices)
- ✓ Dried fruit - please limit as it contains concentrated sugar and tends to cling to teeth, increasing risk of tooth decay

Water

- ✓ Only plain water

✗ Not Allowed

Drinks

- ✗ Any drinks other than plain water including fruit or vegetable juice, fruit juice drink, fruit cordial, mineral waters, carbonated water

All other foods not permitted include:

- ✗ Dips, including those that are vegetable based
- ✗ 'Fruit' products (eg fruit leather, fruit roll-ups, fruit bars or similar)
- ✗ Fruit jams, jellies, pies and cakes
- ✗ Fruit canned in syrup or jelly or with artificial sweeteners
- ✗ Canned or processed vegetables
- ✗ Vegetable or potato crisps, hot potato chips
- ✗ Vegetable pastries (pies, pasties, sausage rolls)
- ✗ Vegetable cakes, fritters, quiches, breads or similar
- ✗ Popcorn



For more information or resources go to:

www.crunchandsip.com.au

Or contact Cancer Council WA on

(08) 9212 4333

schools@cancerwa.asn.au

Supported by:

