

## Supporting Crunch&Sip®

### Be a role model

Let your children see you regularly eat and enjoy vegetables and fruit and drink water. Children are influenced by family eating habits.

### Buy in season

Vegetables and fruit that are in season taste great, are good quality and are cheaper.

### Encourage a variety of fruit and vegetables

Take your children shopping and allow them to choose which vegetables and fruit they will take to school.

### Plant a veggie garden with your kids

Research shows that children who are involved in the growing process are more likely to try new vegetables. Start with quick and easy to grow vegies like radishes or salad greens. If you don't have much space, pot plants are a great option.

### Get children involved in meal preparation

Children of all ages can get involved! Younger children can tear up lettuce, while older children can prepare ingredients or serve up the final meal. They'll learn to cook, and are more likely to try food that they've helped create.



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



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# Crunch&Sip®

## Information for parents and educators

### What is Crunch&Sip®?

**Crunch&Sip® is a set time for children to re-fuel with vegetables or fruit and rehydrate by drinking water in the classroom.**

### Why Crunch&Sip®?

*"We heard it could improve concentration in the class, work levels, all those sorts of things. We're really quite pleased with the results"* – Crunch&Sip® Principal

Too many children are not eating enough of the foods essential to good health. Vegetable consumption is particularly low, with recent government research revealing that five out of six primary school children in Western Australia do not eat enough vegetables.

Children can forget to drink enough during break times at school, leading to dehydration. When children are dehydrated they may have difficulty learning at school. Children who bring a water bottle into the classroom, and are reminded to drink, are likely to drink more each day.

### How to participate in Crunch&Sip®

Please send children to school each day with:

- An extra serve of ready to eat vegetables or fruit to eat in the classroom
- A clean, clear bottle filled with water

Crunch&Sip® is meant to provide children with an extra serve of vegetables or fruit, not replace those included in the lunchbox.

# What to pack for Crunch&Sip®

## Water

A clean, clear bottle filled with plain water.



## Whole vegetables or fruit

A whole carrot, celery stick or apple is perfect for older kids – no chopping required!



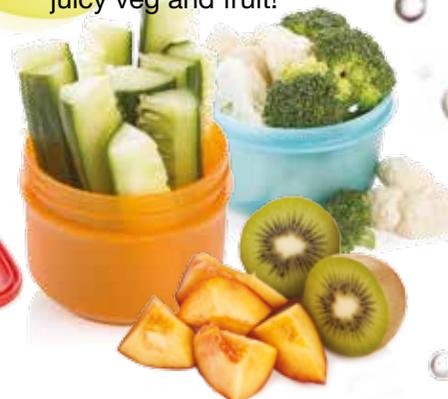
## Several whole, smaller vegetables or fruit

Pack sugar snap peas, cherry tomatoes, corn kernels or strawberries in a container.



## Chopped vegetables or fruit

Fill a container with chopped vegetables or fruit such as cucumber or capsicum sticks, broccoli bits or chopped melon. Don't forget a fork for juicy veg and fruit!



## Canned fruit

Fresh vegetables and fruit are the best choice, but fruit canned in water or juice is okay every now and then. Make sure you pack a spoon!



## Dried fruit

Dried fruit like sultanas or apricots are allowed for Crunch&Sip® but should be limited. This is because dried fruit tends to cling to teeth and is a concentrated source of sugar, increasing the risk of tooth decay.



## NOT ALLOWED

All other foods and drinks **are not permitted** for Crunch&Sip® including:

- Other drinks (e.g. fruit or vegetable juices)
- Fruit or vegetable products (e.g. fruit leather, popcorn, fruit or vegetable breads)
- Fruit canned in syrup or jelly or with artificial sweeteners, and
- Canned and bottled vegetables

## Tips for Crunch&Sip®

### Be prepared

No chopping or preparing can be done at school so make sure what you send for Crunch&Sip® is ready to eat and packed in a sealed container. Save time by chopping vegies at the start of the week - they will stay fresh in the fridge for several days if kept in an airtight container with a wet paper towel.

### Crunch the rainbow

Choosing different coloured vegies and fruit keeps it interesting and is good for health too! Go red with tomatoes or strawberries, green with snow peas or pears, orange with capsicum or a mandarin, purple with purple carrots or grapes, and white with cauliflower or bananas.

### Take the veg pledge

Research shows that while most kids eat the recommended amount of fruit, only one in six consume enough vegetables. Sending vegetables for Crunch&Sip® is a great way to help develop healthy habits and boost this figure!

### Hygiene

Wash all vegetables and fruit. Make sure that your child's water bottle is cleaned regularly and clearly marked with their name.