

Don't forget Crunch&Sip® in the school bag every day...

CRUNCH:

- ✓ Vegetables such as carrot or celery sticks, cherry tomatoes or snow peas
OR
- ✓ Easy-to-eat seasonal fruit such as a small apple, a container with hulled strawberries, a mandarin or banana
OR
- ✓ Canned fruit in natural juice with a spoon

AND SIP:

- ✓ A clean, clear water bottle filled with plain water

Crunch&Sip® is a set break for your child to eat fruit or salad vegetables and drink water in the classroom.

www.crunchandsip.com.au

Crunch&Sip®

