



Crunch & Sip[®]

What to bring

Fruit or Veg

- ✓ All fresh fruit (eg whole fruits, chopped melon etc.)
- ✓ Fruit canned in water, juice or 'no added sugar' (eg peach slices)
- ✓ Dried fruit - but limit as it's a concentrated sugar source, tends to cling to teeth, increasing risk of decay
- ✓ All fresh raw vegetables (eg celery, carrot sticks, broccoli bits etc.)

Water Bottle

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



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