

## Supporting Crunch&Sip®

### Be a role model

Let your children see you regularly eating and enjoying veges and fruits, and drinking lots of water. Children are influenced by family eating habits.

### Buy in season

If it's grown locally and on special it's probably in season. Seasonal vegetables and fruits are cheaper, fresher, taste great and will last longer in the fridge or fruit bowl.

### Encourage a variety of vegetables and fruits

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

### Kids in the kitchen

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 to create.



### Plant a vegie garden with your kids

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

**For more information and tips on healthy eating visit [crunchandsip.com.au](http://crunchandsip.com.au).**

Supported by



**Crunch&Sip®**

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# Crunch&Sip®

## Information for parents

### What is Crunch&Sip®?

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

### Why Crunch&Sip®?

Many children do not eat the recommended serves of fruit and vegetables. Vegetable consumption is particularly low, with recent government research revealing that only 6% of Australian children eat enough. Crunch&Sip® is the perfect opportunity to eat extra serves of these foods essential to good health.

Children who don't drink enough water during the day can become dehydrated, irritable, experience headaches and may have difficulty concentrating in class. Schools implementing the Crunch&Sip® program allow each child to have a water bottle in the classroom to sip on throughout the day.

### How to participate in Crunch&Sip®

Please send children to school each day with:

- an extra serve of vegetables or fruit to eat in the classroom
- a clean bottle filled with water

The vegetables and fruit provided for Crunch&Sip® should be in addition to those already included in the lunchbox.

*"It's a wonderful initiative that allows students to engage in healthy practices that we hope will become natural life long choices for them."*

**- Principal**

# What to pack for Crunch&Sip®



## Water

A clean bottle filled with plain water.

## Grab and go

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



## Finger foods

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



## Chopped

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 vegetables and fruit!



## Canned

Fresh is the preferred choice but canned vegies, or fruit canned in juice or water is OK sometimes. Don't forget to pack a spoon!



## Dried

Dried fruit like sultanas or apricots are allowed for Crunch&Sip® but should be limited. This is because dried fruit clings 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
- flavoured or marinated canned and bottled vegetables

## Tips!

### Be prepared

Make sure the vegies and fruit you pack for Crunch&Sip® are low mess and quick and easy to eat. Pre-chopped vegies are ideal and can be prepared ahead of time. They will stay fresh if stored in an airtight container with a wet paper towel in the fridge.

### Bite sized pieces for little ones

Chop small whole fruit and vegetables like grapes and cherry tomatoes into halves or quarters for younger children to reduce the choking hazard.

### Hygiene

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

### Crunch the rainbow

Choosing different coloured vegetables and fruits keeps it interesting and is also good for health! 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 enough fruit, only 6% consume enough vegetables. Sending vegetables for Crunch&Sip® is a great way to develop healthy habits and boost this statistic!