



Why are fruit and vegetables important?

As a group, fruit and vegetables are rich in vitamins, minerals, and other nutrients important for growth and development. They provide dietary fibre, needed to avoid constipation.



Why is water important?

Not drinking enough fluid can quickly cause dehydration which can lead to headaches and irritability, particularly in children. Thirst is not a good indicator - by the time children feel thirsty, they are already dehydrated.

Children rarely drink enough water and often forget to drink unless reminded.

Allowing and reminding students to drink water in class helps them to drink more.

Tips to support Crunch&Sip®

- ✓ **Be a role model**
Let your children see you eat and enjoy fruit and vegetables and drink water daily. Children are influenced by family eating habits.
- ✓ **Plan ahead**
Have Crunch&Sip® snacks ready to take to school.
- ✓ **Go shopping with your children**
Allow them to choose fruits or vegetables to take to school.
- ✓ **Buy in season**
For great taste, good quality, and better value for money.
- ✓ **Choose quality**
Try to avoid bruised or over-ripe fruit or vegetables.
- ✓ **Select small manageable pieces of fruit**
For small children, they are easier to handle.
- ✓ **Encourage variety**
Don't let your child get bored.
- ✓ **Shop twice a week**
Fresher fruit and vegetables are more likely to be enjoyed.
- ✓ **Wash all fruit and vegetables**
Particularly before you send them to school.

Adapted from 'Fruit and Water Policy in Schools Project' with permission from Great Southern Public Health Services.



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Crunch&Sip®



Every child deserves the best start in life. Good eating habits formed during childhood help children grow well and protect them against disease in later life.

Too many children are not eating enough of the foods essential to good health. Fruit and vegetable consumption is particularly low. Results of government research on primary school aged children in Western Australia found that, on any given day:

- Four out of 10 eat no fruit
- Three out of 10 eat no vegies
- Half eat confectionery

The proportion of overweight children has tripled in the last 20 years:

- One in four boys are overweight
- One in three girls are overweight



What is Crunch&Sip®?

Crunch&Sip® is a set break to eat fruit (or salad vegetables) and drink water in the classroom. Students 're-fuel' with fruit or vegetables during the morning or afternoon - assisting physical and mental performance and concentration.



Why have Crunch&Sip®?

Crunch&Sip® encourages fruit and vegetable snacking and drinking water. Schools model healthy eating in the classroom, reinforcing the nutrition curriculum. The Crunch&Sip® break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

What can parents do?

For the Crunch&Sip® break parents will need to provide their children with:

- An extra piece of fruit (or salad vegies) to eat in the classroom
- A small clear plastic water bottle to keep in the classroom

Always wash fruit or vegetables at home before you send them.

For younger children send cut up fruit or vegies.

Be sure the water bottle is clearly marked with your child's name.

Western Australian schools are committed to improving children's health through education and by supporting the Crunch&Sip® initiative.



"On Crunch&Sip® days the children seem happier, better behaved, and learn better." Primary School Teacher.

What foods are allowed in the classroom?

The break is a time to introduce children to fresh fruit and vegies and encourage the water drinking habit. Fresh fruit or vegies are the best choice. Please only send foods with a tick:

✓ Allowed

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

Vegetables

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

Water

- ✓ Only plain water

✗ Not Allowed

Drinks

- ✗ Drinks other than plain water are not permitted
- ✗ All other drinks (including waters with added vitamins, minerals, or carbonates)
- ✗ Fruit or vegetable juices or fruit juice drink
- ✗ Fruit cordial or mineral waters

All other foods are not permitted including:

- ✗ 'Fruit' products (eg. fruit leather, fruit roll-ups, fruit metres or similar)
- ✗ Fruit jams or jellies
- ✗ Fruit pies or cakes
- ✗ Fruit canned in syrup or with artificial sweeteners
- ✗ Canned or processed vegetables
- ✗ Vegetable or potato crisps, hot potato chips, olives
- ✗ Vegetable pastries (pies, pasties, sausage rolls)
- ✗ Baked vegetable breads
- ✗ Vegetable cakes, fritters, quiches or similar
- ✗ Popcorn