



Welcome to this Crunch & Sip™ information session. During this presentation you will find out all about Crunch & Sip™ and how your school can participate.

1

This slide features a green header with the word 'Re-fuel' in white. Below the header, there is a photograph of several children sitting at desks in a classroom, eating and drinking. To the right of the text, there is a small graphic of a tomato and a carrot. At the bottom of the slide, there are two logos: a circular 'Health' logo on the left and a 'Go for 2&5' logo on the right.

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



The Crunch & Sip™ break is a time to snack on fruit and vegetables and drink water in class. Parents send along an extra piece of fruit or vegetables each day and a clear water bottle. The bottle is clear to ensure that cordial or other flavoured drinks are not consumed.

The break gives children the chance to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all.

2

Best start

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



We all agree that every child deserves the best start in life.

3

Crunch&Sip™ Benefits



When the pilot program was developed and piloted successfully in South Western Australia, schools identified the following benefits...

4

Better education



- Well nourished and hydrated children concentrate and perform better.
- Teachers report children are happier, better behaved and willing to learn.



Children were concentrating and working better when they had the opportunity to eat fruit and vegies and drink water in the classroom.

5

Better health

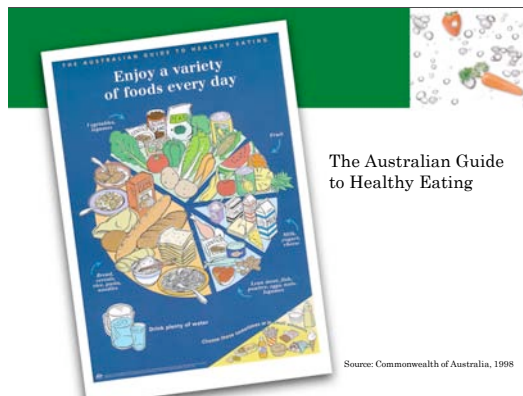


Children with good eating habits grow well, and are less likely to be overweight or have diet-related diseases as adults.



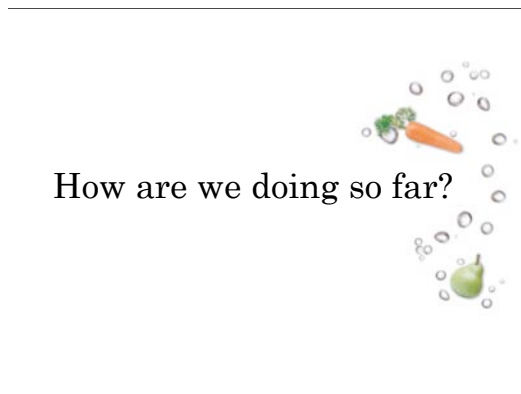
The long term health benefits are obvious.

6



Crunch & Sip™ teaches eating habits in line with the Australian dietary recommendations to eat more fruit and vegetables, and drink plenty of water every day.

7



The government recently conducted research into children's eating habits and found some concerning results.





8

Food habits

On any given day

- 4 out of 10 children don't eat fruit
- 3 out of 10 don't eat vegetables
- Half eat confectionery




Source: WA CAPANS Survey, 2003



Children are not eating enough fruit and vegetables, and are regularly eating too much of the foods that should be limited, like confectionery.

Overweight

- The proportion of overweight or obese children has tripled in the last 20 years.



This is contributing to the alarming incidence of overweight and obesity.

Water drinking

Children rarely drink enough water and forget unless reminded



Children are not drinking enough water. 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.

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

Crunch & Sip™ encourages the 'water drinking habit'. Parents from Crunch & Sip™ schools have reported that their children continue this habit at home.

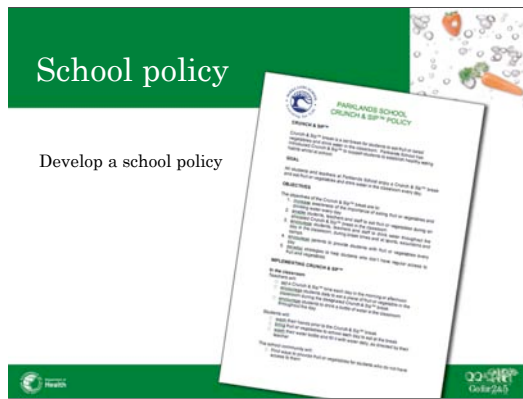
11

How to Crunch&Sip™



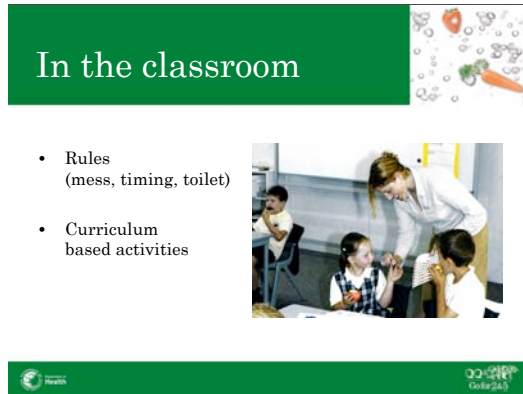
So, why are schools encouraged to Crunch & Sip™ because they can help student develop healthy eating habits and have a positive impact on learning. It is simple to do and effective.

12



You need to get together a committee to develop a Crunch & Sip™ policy document. There are sample documents and detailed descriptions of what you need on the website.

The sample policy provided on the website can be used as a guide or adapted directly by schools.



In the classroom teachers reinforce the message with curriculum based activities. Classroom rules are set in place to avoid disruption and mess.

Crunch & Sip™ doesn't take long to become routine and teachers report initial disruptions such as more visits to the toilet and mess settle down quickly.

Teachers tell us that for younger children, parents can send fruit or vegies chopped in containers, teachers can put down mats on desks and extra toilet breaks can be scheduled for the first couple of weeks.

Foods allowed

✓ 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



It is essential that staff, students and parents are aware of the types of foods and drinks allowed during the Crunch & Sip™ break. Only foods and water listed above are allowed. Fresh fruit is preferred. Dried fruit should only be sent occasionally, as it is sticky and may lead to tooth decay.

The break is a time to introduce children to fresh fruit and vegies. Crunch & Sip™ Schools have found that children enjoy eating fresh fruit and vegies in class especially as their friends are too.

15

Foods not allowed

✗ Foods Not Allowed

All other foods are not permitted including:

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



Foods other than fresh fruit, dried fruit occasionally, and canned fruit in water or juice with no added sugar or sweeteners are not allowed.

Given the choice of fresh fruit and vegies or nothing, children will choose fresh fruit and vegies.

16

Drinks not allowed

X Drinks Not Allowed

Drinks

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




Only plain water is allowed.

Resources

Schools will receive a water bottle for every child



There are a number of resources that have been produced to assist you to promote Crunch & Sip™. Every child in your school will receive a Crunch & Sip™ water bottle when your school demonstrates it meets the criteria.

Application criteria

- 80% of classrooms Crunch&Sip™
- 70% of students regularly Crunch&Sip™
- School has an endorsed Crunch&Sip™ policy
- Crunch&Sip™ is promoted and modelled

There are set Crunch & Sip™ criteria that schools need to meet before they can submit their application.

19

Get the message out

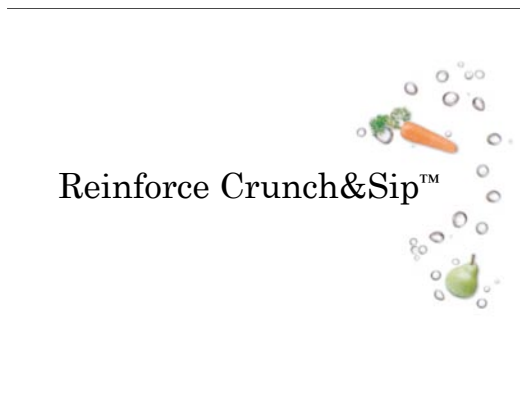


20



Once you have Crunch & Sip™ up and running, you can submit your application over the internet, or by fax.

21



Crunch & Sip™ is an important part of developing healthy eating and the water drinking habit in children. There are a number of other things schools can do.

22

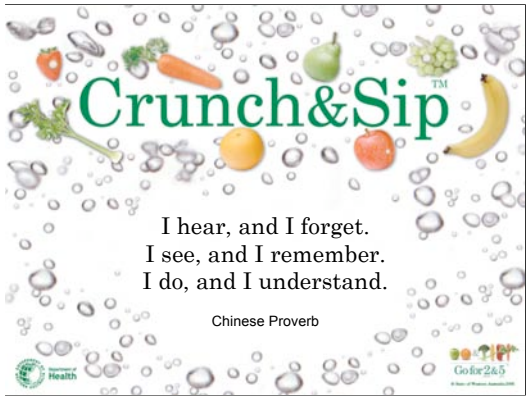
Reinforce it

- Be a role model
- Water bottles and fruit for:
 - School sports days
 - Excursions
 - Canteen promotions
 - Fruit 'n' Veg Week
- Supply appealing, chilled drinking water bubblers or fountains






These are a few other ways to promote Crunch & Sip™ outside the classroom. Can think of others?



I hear, and I forget.
 I see, and I remember.
 I do, and I understand.

Chinese Proverb

