

## Newsletter Inserts

Below are some examples of how you can promote the Crunch&Sip® break in your school newsletter. You may like to team the entry with some pictures, photos or good quotes.

### INSERT 1

To help your child participate in *Crunch&Sip*® please provide a clean, clear plastic bottle of water and a small piece of fruit or vegetable each day. The bottle for water can be any clean clear bottle (eg. empty juice, cordial, water or sports drink bottle etc.). The fruit can be any variety of whole or chopped fruit (eg. apple, chopped melon or dried apricots\*) or vegies such as carrot or celery sticks. Other drinks or foods are not permitted in the classroom.

\* Note: dried fruit contains high concentration of natural sugar and tend to cling to teeth, therefore increasing risk of tooth decay. Although dried fruit is permitted, fresh fruit or vegetables should be first choice

### INSERT 2

#### How Much Fruit and Vegetables Do Children Need?

Children are encouraged to Go for 2 fruit and 5 vegetables every day by eating a wide variety of fruit and vegetables (including raw, cooked and a variety of different colours).

The Australian Guide to Healthy Eating recommends that children and adolescents eat the following number of serves of fruit and vegetables.

#### Recommended daily intake of fruit and vegetables for children and adolescents

Age of child (years)	Fruit (serves)	Vegetables (serves)
4-7	1-2	2-4
8-11	1-2	3-5
12-18	3-4	4-9

The recommendations for fruit and vegetable intake depend on a child's diet, age, appetite and activity levels. The lower serve number is recommended for children who eat a diet that is high in cereal foods such as rice, pasta and breads. The higher number of serves is recommended for children who eat a diet that is more evenly spread across all the food groups.

What is a serve?

One serve of fruit is equal to one average sized piece of fruit.

Fruit



1 medium piece  
(e.g. apple)

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2 small pieces  
(e.g. apricots)

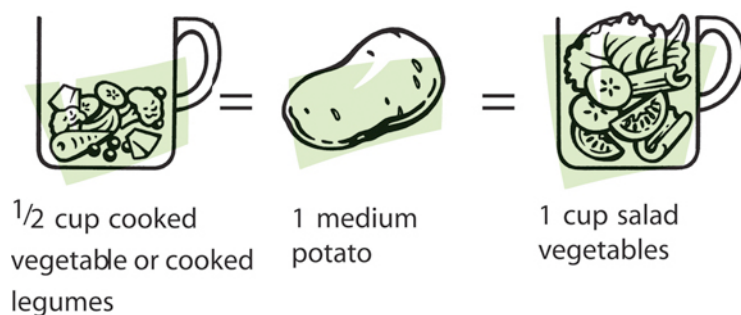
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1 cup chopped  
or canned fruit

One serve of vegetables is equal to one medium potato ½ cup cooked vegetables or legumes or one cup of salad vegetables.

Vegetable



### How Much Water Should Your Child Drink?

It is recommended that children aged between 5–12 years drink between 1–1.5 litres of water per day.

### What Parents Need To Do?

To help your child participate you need to provide your child with:

- A clean clear drink bottle that can be filled with water to be consumed in the classroom
- An extra piece of fruit or vegetable each day to eat during the *Crunch&Sip*<sup>®</sup> break

### What Fruit And Vegetables Are Allowed During The *Crunch&Sip*<sup>®</sup> Break?

All fresh fruits and vegetables canned fruit in natural juice and \*dried fruit eg. Whole fruits, chopped melon and fruit salad, celery or carrot sticks, cherry tomatoes.

**\*Note:** Dried fruit contains high concentration of natural sugar and tend to cling to teeth, therefore increasing risk of tooth decay. Although dried fruit is permitted, fresh fruit or vegetable should be first choice

### Foods That Should Not Be Consumed During The *Crunch&Sip*<sup>®</sup> Break

Foods other than those on the permitted list should not be eaten. Including:

- Fruit leather, roll ups, fruit metres, jams, jellies, fruit pies/cakes, olives, fruit juices and muesli bars.
- Potato crisps, hot potato chips, vegetable pies, pasties, pastries, vegetable cakes or fritters, vegetable quiches, popcorn and vegetable juices.

**Remember that only plain water is allowed to be consumed in the classroom. Juices, cordials, soft drinks or milk drinks are not permitted**

### INSERT 3

Include excerpts in the newsletter from "Common Questions" or the "Sample Parent Letter".