



School Criteria Checklist

Crunch & Sip [®] Criteria	✓	Further Action
Setting Up		
A Crunch & Sip [®] Committee has been formed		
A written Crunch & Sip [®] policy has been developed by the school community		
The policy has been endorsed by the School community		
A plan is in place to ensure that all students have access to fruit, vegetables and water		
In the Classroom		
Teachers have discussed		
Current eating habits		
Classroom rules have been developed		
Teachers make a time in the classroom to break for Crunch & Sip [®]		
Permitted food and drink has been discussed		
Students are required to wash water bottles each day		
Nutrition programs are incorporated into the appropriate key learning areas of the school curriculum at all year levels.		
A plan is in place to ensure teachers have access to up-to-date information on nutrition.		
To Keep it going		
Students are encouraged to drink plain water throughout the day in the classroom		
Surveys are used to see how we are going		
Getting the message out		
Students are asked to bring and eat permitted fruit or vegetables for Crunch & Sip [®]		
A letter has been sent to parents informing them of Crunch and Sip [®]		
Parents are asked to provide students with permitted fruit or vegetables for Crunch & Sip [®]		
Crunch & Sip [®] reminders are sent to parents four times a year in the newsletter		
Submission		
The submission Form has been completed and sent to DOH for certification		



Role Modelling		
Teachers and staff role model eating fruit and vegetables and drinking water inside and outside of the classroom		
Parents are encouraged to model appropriate consumption of fruit and water when participating in school activities such as excursions and camps.		
Other issues to consider		
Students are encouraged to drink plain water during break times, sports, excursions and camps.		
Students attending excursions and camps are required to bring a water bottle.		
Other issues to consider		
A plan is in place to monitor the fruit and water policy.		