

What if students don't bring Crunch&Sip®?



The first step is to try and find out why.

If students are forgetting

- Remind students at the end of each day to bring in Crunch&Sip®.
- Send a letter or parent reminder magnet home to parents.
- Place a reminder in the newsletter.
- Record participation each day on the Crunch&Sip® tally chart.

One of the best ways to get students to bring fruit or veg everyday is to expect participation and for teachers to be enthusiastic.

If students are reluctant to get involved

- Be a role model. Enjoy a Crunch&Sip® break with your students.
- Create excitement and enthusiasm for Crunch&Sip® breaks.
- Hold special Crunch&Sip® events. For example, provide students with pieces of different fruit and vegetables and make some edible art.
- Gardening or cooking lessons can encourage a positive attitude towards fruit and veg.

If students are unable to bring fruit and vegetables from home

Before signing up to Crunch&Sip®, schools should find strategies to provide fruit and veg to students who can't access these at home. Some ideas schools have used include:

- Provide fruit and veg at cost price through the school canteen.
- Employ the same strategy used for children who forget their lunch money i.e. students can order vegetables or fruit and parents reimburse the canteen.
- Allocate school budget or school committee funds to purchase fruit and veg.
- Plant fruit trees or vegetable gardens on school property to provide an ongoing supply.
- Liaise with local Aboriginal student support organisations to assist Aboriginal students
- Ask local growers or stores for sponsorship.
- Contact Foodbank WA to see if you can access fruit and vegetables through the School Breakfast Program. Go to www.healthyfoodforall.com.au for more information.

For further assistance, contact the Crunch&Sip® team on 9212 4333, schools@cancerwa.asn.au or visit www.crunchandsip.com.au