

## Why are fruit and vegetables important?

As a group, fruit and vegetables are rich in vitamins and minerals. They provide other nutrients important for growth and development, such as 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®

### ✓ Don't forget Crunch&Sip® in the school bag every day

Include:

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

### ✓ 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 pre-washed, easy-to-eat Crunch&Sip® snacks ready to take to school. For younger children send cut up fruit or salad vegetables. Be sure that your child's water bottle is clearly marked with their name and cleaned each day.

### ✓ Buy in season

Fruit and vegetables that are in season taste great, are good quality and value for money.

### ✓ Encourage a variety of fruit and vegetables

Take your children shopping to allow them to choose fruit and vegetables to take to school

### ✓ Involve your children in growing their own vegetables

It has been shown that children who are involved in the growing process are more likely to try new vegetables.

Supported by:



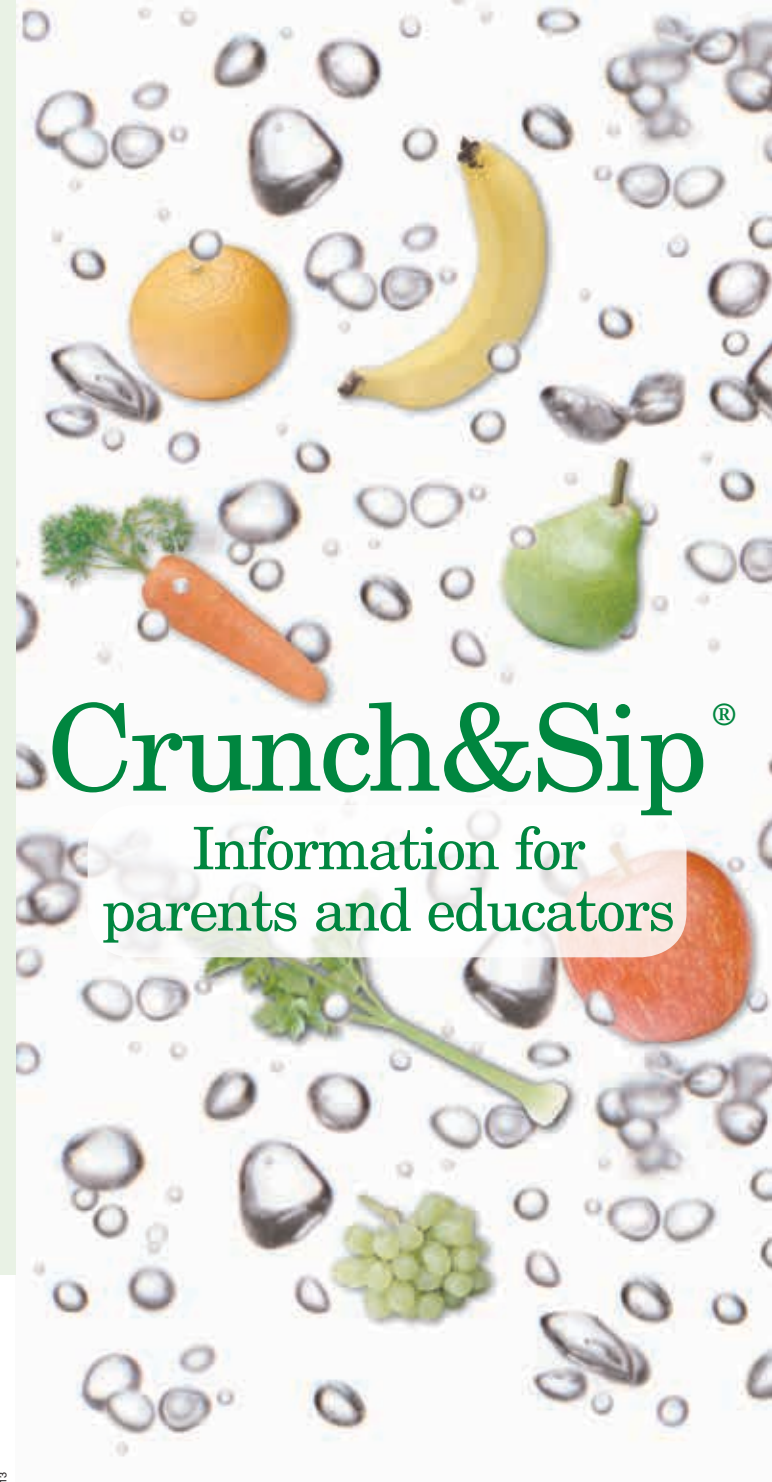
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# Crunch&Sip®

## Information for parents and educators

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[www.crunchandsip.com.au](http://www.crunchandsip.com.au)

# 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, such as heart disease, diabetes and some cancers.

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:

- Three out of five do not eat enough vegetables
- Two out of five do not eat enough fruit
- Nearly half do not meet their daily fluid requirements

The proportion of overweight and obese children has tripled in the last 30 years, with one in four Western Australian children now overweight or obese.

## 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 vegetables to eat in the classroom
- A small clear plastic water bottle to keep in the classroom

The Crunch&Sip® break does not replace fruit and vegetables eaten at recess or lunch.



*“We found that children were lacking energy in the afternoon. The Crunch&Sip® break adds ‘fuel to the tank’ to allow them to continue through the afternoon.” Primary School Teacher*

## What foods are allowed in the classroom?

The Crunch&Sip® break is a time to introduce children to fruit and vegetables and encourage the water drinking habit. Fresh fruit or vegetables 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 bars or similar)
- ✗ Fruit jams, jellies, pies and cakes
- ✗ Fruit canned in syrup or jelly or with artificial sweeteners
- ✗ Canned or processed vegetables
- ✗ Vegetable or potato crisps, hot potato chips, olives
- ✗ Vegetable pastries (pies, pasties, sausage rolls)
- ✗ Vegetable cakes, fritters, quiches, breads or similar
- ✗ Popcorn