



Crunch&Sip®

Information for parents and carers

What is Crunch&Sip®?

Crunch&Sip® is a set time during the school day for children to crunch on fruit and vegetables and sip water in the classroom.

What you need to do:

To be involved in Crunch&Sip®, please send your child to school with a water bottle and some ready-to-eat fruit or vegetables.

Why it matters:

Developing healthy habits can help children have better health and wellbeing throughout life. It can also help them do their best at school. Research suggests children who eat a healthy diet including fruit and vegetables are more likely to:

- **concentrate better and remember more**
- **perform better academically**
- **have better mental health.**



What to pack for Crunch&Sip®

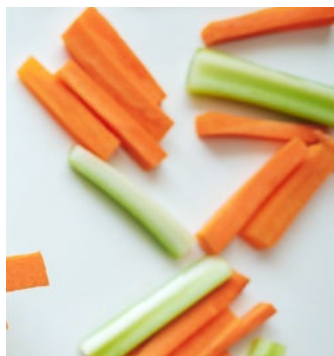
Some examples:

A bottle of plain, tap water

Water is the only
drink allowed.



A whole piece of fruit or a vegetable such as a whole carrot, apple, mandarin or banana.



Vegetable sticks such as cucumber, capsicum, carrot or celery.



Chopped, bite-sized pieces of fruit or vegetables such as watermelon, pear, broccoli or cauliflower.



Several whole pieces of smaller fruit or vegetables such as cherry tomatoes, cooked corn, mushrooms, grapes or strawberries.



Helpful tips for Crunch&Sip®

Add a variety of fruit and vegetables

You can use Crunch&Sip® to help children try new fruit and vegetables. During the week, pack a variety of fruit and vegetables.

Try other options when fresh fruit and vegetables are not available

Choose canned or frozen fruit and vegetables when fresh ones are hard to find. If your child would like to have dried fruit, they can choose to eat it at recess or lunch.

Plan ahead

Pack pre-washed, easy-to-eat fruit and vegetables, and a spoon or fork if your child will need it. No food preparation can be done at school.

Save time

Chop all the fruit and vegetables for Crunch&Sip® once during the week or when preparing dinner the night before. Cut fruit and vegetables can last up to 5 days in the fridge in an air-tight container.

Only pack fruit and vegetables for Crunch&Sip®

Please note that only fruit and vegetables can be sent to school for Crunch&Sip®. Don't pack fruit juice; fruit products such as roll-ups, leathers or straps; potato or vegetable chips; fruit in syrup; popcorn.

Your child's school may request some food items not be brought to school where there are students with severe allergies.

Tips to eat more fruit and vegetables at home

Get children involved

Children are more likely to try food they have helped prepared. Give children ways to help with food preparation like:

- choosing which fruit or vegetables they want at the shops
- washing and preparing fruit and vegetables.

Make fruit and vegetables readily available

Children usually prefer what's easily accessible. Keep fruit and vegetables in easy to reach places such as a fruit bowl on the counter or chopped vegetable sticks at eye-level in the fridge.

Crunch&Sip® at home

Try to make time on weekends or during school holidays for a quick fruit and vegetable snack.

Keep offering fruit and vegetables

Tasting and learning about fruit and vegetables is the best way for children to become familiar with them. Children may need to try new foods a few times before they like them.

Include vegetables at lunch and dinner

Add a variety of different vegetables to your day. Aim to include at least 2 to 3 different types of vegetables at lunch and dinner. Vegetables can be fresh, frozen, or canned. Try adding grated carrot or zucchini to pasta sauce or shepherd's pie or add salads to burgers and taco meals. It all adds up.



For more tips to help your family eat healthily, visit:
healthyliving.nsw.gov.au/families



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