

Crunch&Sip[®] made easy

A guide for schools



Regular participation in Crunch&Sip[®] helps children learn about, eat and enjoy vegetables and fruit.

Healthy food habits such as eating a variety of vegetables and fruit supports children's health and wellbeing and helps them do their best at school.

Students are more likely to:



stay focused and retain more information



perform better academically



have better emotional, physical and social wellbeing.



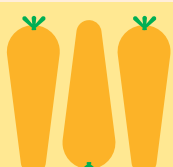
Allocate 5 to 10 minutes each day for Crunch&Sip[®]

Pick a regular time that works best for your classes. This should occur during class time and should not replace recess. Students should only eat fresh, frozen, or canned vegetables and fruit (in natural juice), and drink plain water.



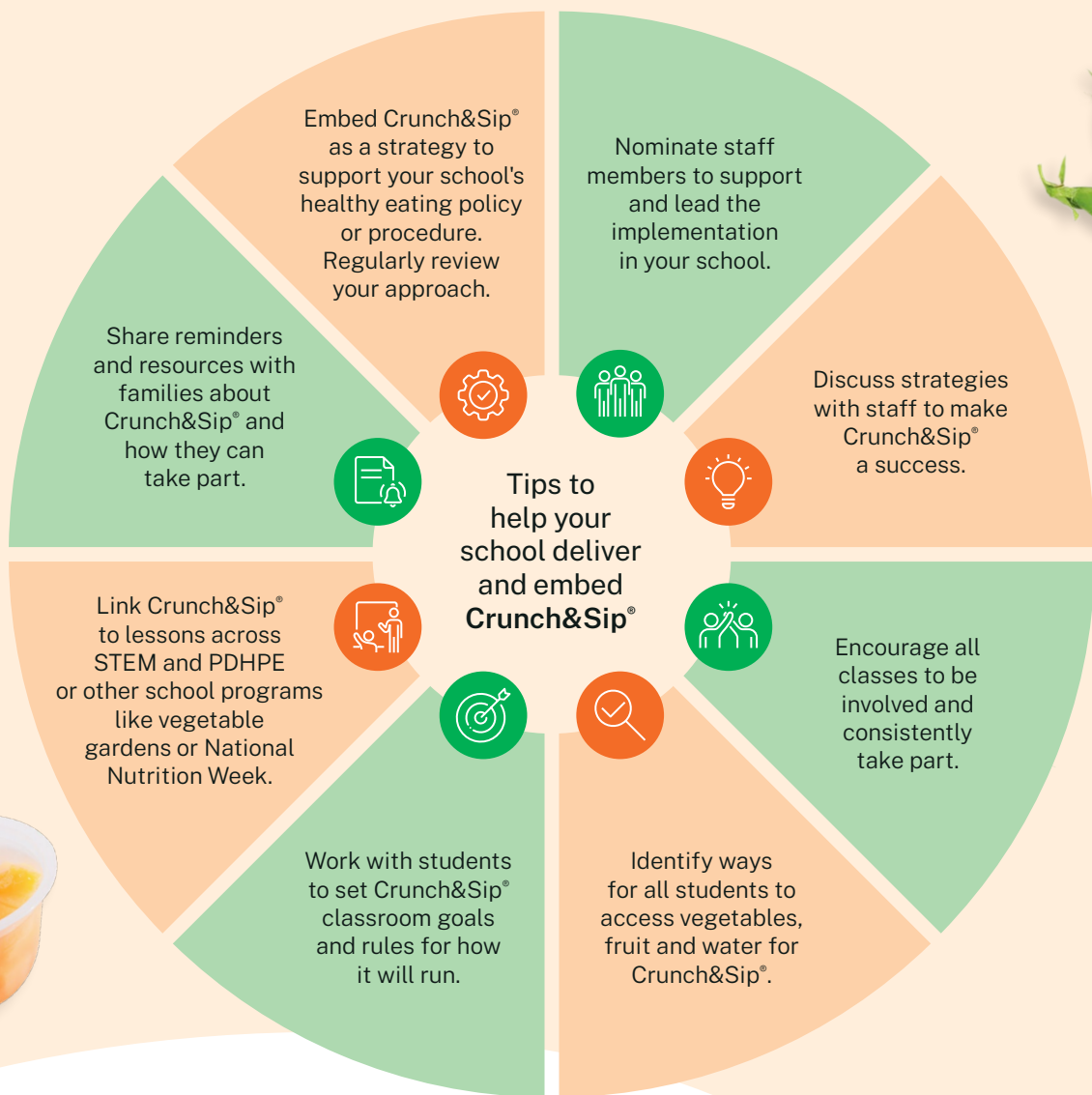
Encourage everyone to get involved

- **Create a supportive environment for all students to access Crunch&Sip[®]:** Ensure all students have access to vegetables, fruit and water. Foster a positive experience supporting all children to take part and free from judgment. Children should not be punished or shamed for not bringing a Crunch&Sip[®] item to school.
- **Celebrate diversity and variety:** Let families know they can pack culturally familiar options and share reminders in language. Organise a 'try something new' day and encourage children to try a variety of vegetables and fruit.
- **Teachers as role models:** Crunch on vegetables or fruit and drink water, along with your students.





Getting Crunch&Sip® started and embedded in your school



Help all students access vegetables, fruit and water at school

Try these ideas for students who aren't able to bring vegetables or fruit from home:

- Ask for donations or fundraise:** Involve the school and local community to donate or run healthy fundraisers.
- Team up with families and the canteen:** Work with parents and carers or the canteen to provide vegetables or fruit.
- Build partnerships:** Connect with local charities, community groups, service clubs or suppliers who may provide free or low-cost produce.



- Grow a school garden:** Plant easy to grow vegetables and fruit like tomatoes, beans, carrots, strawberries or oranges. Linking garden activities to learning may help students engage.
- Promote long-life options:** Frozen and canned (in natural juice) options are nutritious and can be cheaper than fresh.
- Make water easy:** Keep labelled water bottles in a classroom tub or on desks for easy access.
- For hygiene and allergy reasons, do not allow food sharing between students.

For free support and resources

Connect with your local Health Promotion Officer
contact moh-llws@health.nsw.gov.au

