**Crunch&Sip newsletter snippets**

Children are more likely to enjoy their Crunch&Sip if their produce is fresh and delicious. Choose fruit and veg that are currently in season and that feel firm, smell nice and look appealing.

Did you know that good quality cranberries will bounce when dropped? While we don’t want children dropping good fruit on the ground, cranberries are full of Vitamin C, E and fibre so pop them in your child’s bag for Crunch&Sip.

Crunch&Sip does not have to be limited to school days. Encourage your children to crunch on fruit and vegetables and drink plenty of water over the weekend and during holidays. Don’t forget to join in! Be a positive role model by enjoying Crunch&Sip with your kids as you set them up for a lifetime of healthy eating habits.

Involve your child in choosing the fruit and vegetables that you buy at the supermarket. Remind them that they need to choose fruit and vegetables that can be eaten easily and eaten raw. Use this as an opportunity to discuss different types of fruit and vegetables and encourage them to try unfamiliar ones.

Choose fresh fruits and vegetables over dried and tinned varieties for Crunch&Sip. Dried and tinned fruits contain more sugar than fresh fruits so only have those occasionally. Muesli bars, roll ups and fruit leathers have far too much sugar and not enough actual fruit so they are not allowed for Crunch&Sip.

Did you know that prunes are dried plums? Choose plums over prunes as they have less sugar and pop them in your shopping basket over February a March when they are at their best. They are sure to be a hit for Crunch&Sip with their juicy, burst of flavour.

A few chopped up pieces of honeydew are a great idea for Crunch&Sip as they are full of Vitamin C, potassium and fibre. Give them to your kids when the flesh is ripe and green in colour as this is when they are at their sweetest.

Choose apricots with a sweet fragrance and a golden to deep orange colour as this is when they are at their sweetest. Let your child know that the carotenes in the apricot will help them see in the dark and they’ll be asking for apricots every day for Crunch&Sip.

Strawberries are always a favourite with children due to their sweet taste. To keep them sweet and looking their best, remove them from their punnets, when you get home, and place them on a paper towel on a plate and cover it with cling wrap.

Cherry tomatoes are great for Crunch&Sip as they can be eaten without creating a mess. Don’t make the common mistake of placing them in the fridge. Leave them at room temperature until they are very ripe, then place them in the fridge.

Crunch&Sip is a good opportunity for children to stay hydrated as they lose fluid when being active, especially over the summer months. Over the warmer months, a cold drink bottle is ideal for hydration but also keeps lunchbox food items cool.

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Avocados are one of the few fruits to contain fat. They are a source of ‘good fats’, the type that helps to keep you healthy. Mash it up into a dip that you can dip other veggie sticks into.

When packing grapes for Crunch&Sip it can be an idea to put them in a small container or the lunchbox so they don’t get squashed. Grapes are a popular fruit with kids. There’s something about putting them whole in your mouth and bursting them by biting!

Some people love to crunch on a whole stick of celery, but generally kids prefer it cut up into sticks. A variety bag of vegetable sticks (e.g. celery, carrot, cucumber) is great for Crunch&Sip. Chewing on celery can help clean your teeth!

A small handful of baby spinach leaves teamed with another crunchy veg such as capsicum, carrot or cucumber is a great Crunch&Sip snack. It also helps your child meet their intake of green leafy veg that can sometimes be tough.

Kids love watermelon because it is sweet and juicy. Pack a container of chunks with a fork or spoon for your child to eat during Crunch&Sip. A melon medley of different types and colours can be fun and appealing too.

Carrots can be one of the easiest vegetable options for Crunch&Sip. Kids generally love them, they can last for a while in your refrigerator and are easy to prepare. Smaller carrots tend to be sweeter. Give them a wash or scrub and pack whole or cut into sticks.

A few raw button mushrooms are a novel veg to take for Crunch&Sip. Make sure you wash and dry them before packing. You can team them up with another crunchy vegetable so your child has contrasting veg in terms of taste and texture.

Blueberries are little super fruit bombs of juiciness. They are rich in antioxidants and their benefits are said to outweigh all other berries combined! Kids love ‘em, so why not pack some for Crunch&Sip?

Did you know the smaller the pod of the snow pea the sweeter it will taste? Snow peas can be washed and eaten raw so pop them in your child’s bag for Crunch&Sip.

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