

Using the Crunch&Sip® Classroom Resources (poster and reward stickers)

About the Resources

A needs analysis survey was undertaken in May 2016 to determine what resources teachers would like to see provided to assist with promoting fruit, vegetable and water consumption. Overwhelmingly the feedback was for posters and reward stickers.

As a result the Crunch&Sip Classroom Resources (poster and reward stickers) were developed. The aim of these resources is to assist teachers to implement Crunch&Sip in the classroom.

To ensure that the resources could be used as needed, they have been provided in a format that can be printed in-house on a standard office printer (e.g. in a school) or by a commercial printer.

Information on how to use and print the resources is provided below.

Poster

Uses for the poster

The poster can be used to tally class participation and for setting class healthy eating goals. A list of suggested options for goals has been provided on the poster. Teachers can opt to use the Crunch&Sip 19 mm reward stickers on the poster or other stickers (e.g. coloured dot stickers, star stickers).

Printing the poster

This can be printed in-house, on a standard office printer, or can be printed by a commercial printer.

To print in-house

- Download the **In-House Printing** resources. On the printer choose the settings A3 size (full bleed) and colour. The poster can also be printed in black and white.

For commercial printing

- Provide the printer with the web-link to download the **Commercial Printing** resource.

Reward Stickers

Uses for the stickers

The stickers come in 2 sizes – 19 mm and 40 mm. The 19 mm stickers have been sized to fit on the A3 poster. Both sizes of stickers can be used on their own, e.g. for students to stick on shirts, in books or on individual tally cards.

Printing the 19 mm stickers

These can be printed in-house, on a standard office printer, or can be printed by a commercial printer.

To print in-house

- Purchasing information. Purchase 19 mm round sticker labels on sheets. These size stickers are not a standard product found in office supply retailers. However they can be ordered in bulk from a specialised label supplier such as Labels on Sheets – www.labelsonsheets.com.au. The cost of purchasing the labels is approximately \$0.24 per 100 stickers, not including postage.
- Printing information. Download the **In-House Printing** resources. Place the label sheets in the correct printer tray. On the printer choose A4 size (full bleed) and colour. Do a test on one label sheet to ensure the orientation of the sheet is correct (e.g. the label sheet needs to be face up or face down) and that the printer settings are correct.

For commercial printing

- Provide the printer with the web-links to download the **Commercial Printing** resources.

Printing the 40 mm stickers

These can be printed in-house, on a standard office printer, or can be printed by a commercial printer.

To print in-house

- Purchasing information. Purchase 40 mm round sticker labels on sheets. These size stickers are a standard Avery brand product (Round Multi-purpose Labels, product number 959146, software code L6112) and can be found in many office supply retailers. The cost of purchasing the labels is approximately \$5.00 per 100 stickers, not including postage. Other Avery 40 mm round sticker labels that can also be used are: Matte White Round Pricing Labels, product number 910007, software code L7129; and Glossy White Round Labels, product number 980052, software code L7147.
- Printing information. Download the **In-House Printing** resources. Place the label sheets in the correct printer tray. On the printer choose A4 size (full bleed) and colour. Do a test on one label sheet to ensure the orientation of the sheet is correct (e.g. the sticker sheet needs to be face up or face down) and that the printer settings are correct.

For commercial printing

- Provide the printer with the web-links to download the **Commercial Printing** resources.