



# 6 tips

to increase fruit and vegetables at home

1

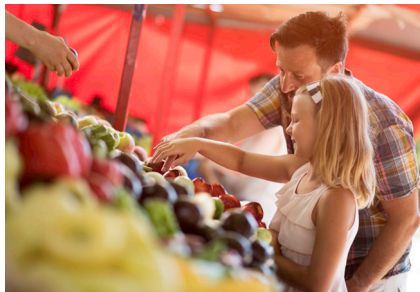
### Be a role model

Let your kids see you enjoying fruit, vegetables and water.

2

### Get the kids involved

Grow, shop and cook with your kids.



3

### Make it accessible

Keep fruit and vegetables in easy to reach places i.e. a fruit bowl on the counter, chopped veg sticks at eye-level in the fridge.

4

### Try Crunch&Sip® at home

Make time on weekends or during school holidays for a quick snack of fruit or veg.

5

### Keep trying!

It may take up to ten times before kids try a new food so keep offering it.

6

### Include it in every meal

Add vegetables to all your meals i.e. add grated vegetables such as carrot and zucchini to shepherd's pie, pasta sauce and burger patties.



# Crunch&Sip®

Info for parents

## What is Crunch&Sip® ?

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

## Why it matters:

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink.

- Fruit and vegetables are essential for good health. Crunch&Sip® is the perfect time to contribute to daily serves.
- Drinking water regularly:
  - helps children concentrate
  - prevents dehydration and headaches.

## What you need to do:

Send your child to school with a water bottle and some ready-to-eat fruit or vegetables for Crunch&Sip®. See overleaf for ideas.



Crunch&Sip®



# What to pack

# for Crunch&Sip<sup>®</sup>

Some examples:

## A bottle of plain water

When it comes to thirst, choose water first!

## A whole piece of fruit or veg

Easy to eat i.e. a carrot, apple, mandarin or banana.

## Several whole, smaller fruit or veg

Container or bag with snow peas, corn, mushrooms, strawberries or grapes.

## Chopped fruit or veg

Pack a container of bite sized pieces of fruit or veg i.e. watermelon, mango, broccoli or cauliflower.

## Veggie Sticks

Cucumber, capsicum, celery and carrot are great options.



## Helpful tips for Crunch&Sip<sup>®</sup>

**1** Only fruit and vegetables are suitable for Crunch&Sip<sup>®</sup>

These are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit in syrup; popcorn.

**2** Crunch&Sip<sup>®</sup> is a good opportunity to increase variety of fruit and vegetables.

Introduce new fruit and vegetables alongside more familiar ones.

**3** Pack a suitable, ready-to-eat amount

No chopping or preparing can be done at school. Include a fork or spoon when needed.

**4** Prepare Crunch&Sip<sup>®</sup> snacks in advance.

Chop the week's Crunch&Sip<sup>®</sup> snacks at one time or when preparing dinner the night before.

**5** Crunch&Sip<sup>®</sup> is an excellent opportunity to encourage vegetables.

Research shows that most kids need to increase daily vegetable intake. Raw veggies make a great snack for Crunch&Sip<sup>®</sup>.

**6** Dried fruit only occasionally.

Maximum of once a week as it increases the risk of tooth decay.

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