

What to pack

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.

for Crunch&Sip®

Some examples:



Helpful tips for Crunch&Sip®

- 1 Only fruit and vegetables are suitable for Crunch&Sip®. 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® 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® snacks in advance. Chop the week's Crunch&Sip® snacks at one time or when preparing dinner the night before.
- 5 Crunch&Sip® 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®.
- 6 Dried fruit only occasionally. Maximum of once a week as it increases the risk of tooth decay.



6 tips

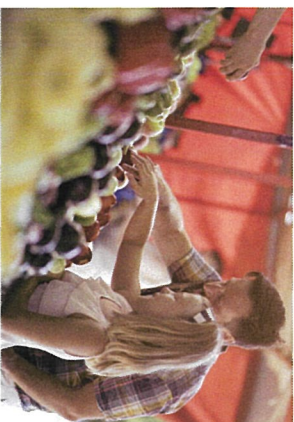
to increase fruit and vegetables at home

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®

