

Building healthy habits at home

Be a role model

Let your children see you regularly eat and enjoy veggies and fruits, and drink water. Children are influenced by family eating habits.

Buy in season

Vegetables and fruits that are in season taste great, are good quality and are usually cheaper.

Encourage a variety of vegetables and fruits

Take your children shopping and allow them to choose which vegetables and fruits they will take to school.

Get children involved in meal preparation

Children of all ages can get involved! Younger children can tear up lettuce, while older children can prepare ingredients or serve up the final meal. They'll learn to cook, and are more likely to try food they've helped make.



Plant a veggie garden with your kids

Research shows that children who are involved in the growing process are more likely to try new vegetables. Start with quick and easy to grow vegetables like radishes or salad greens. If you don't have a lot of space, pot plants are a great option.

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Crunch&Sip[®]

Crunch&Sip[®]

Information for parents and educators

What is Crunch&Sip[®]?

Crunch&Sip[®] is an in-class break during the school day where children can re-fuel with vegetables or fruit and rehydrate by drinking water.

Why Crunch&Sip[®]?

Many children do not eat the recommended serves of fruit and vegetables. Vegetable consumption is particularly low, only 6% of Australian children eating the recommended amount each day. Crunch&Sip[®] is the perfect opportunity to eat extra serves of these foods essential for good health.

Children who don't drink enough water during the day can become dehydrated, irritable, experience headaches and may have difficulty concentrating in class. Schools implementing the Crunch&Sip[®] program allow each child to have a water bottle in the classroom to sip on throughout the day.

How to participate in Crunch&Sip[®]?

Please send children to school each day with:

- a container of vegetables or fruit to eat in the classroom
- a clean bottle filled with water

The vegetables and fruit provided for Crunch&Sip[®] should be in addition to those already included in the lunchbox.

*"It's a wonderful initiative that allows students to engage in healthy practices that we hope will become natural life long choices for them."
- Principal*

What to pack for Crunch&Sip®



Water

A clean bottle filled with plain water.

Grab and go

A whole carrot, celery stick or apple is perfect for older kids - no chopping required!

Finger foods

Pack sugar snap peas, cherry tomatoes, corn kernels, grapes or strawberries in a container.

Canned

Fresh is the preferred choice but canned veggies, or fruit canned in juice or water is OK sometimes. Don't forget to pack a spoon!

Cooked

Pack steamed, mashed or roasted veggies or fruit if your child prefers different tastes and textures.

Dried fruit

Dried fruit like sultanas or apricots are allowed for Crunch&Sip® but should be limited.

Chopped

Fill a container with chopped vegetables or fruit such as cucumber or capsicum sticks, broccoli bits or chopped melon. Don't forget a fork for juicy vegetables and fruit!

Tips!

Be prepared

Make sure the veggies and fruit you pack for Crunch&Sip® are low mess and quick and easy to eat. Pre-chopped veggies are ideal and can be prepared ahead of time. To maintain freshness store in an airtight container in the fridge, cover with a wet paper towel for added moisture.

Bite sized pieces for little ones

Chop small whole fruit and vegetables like grapes and cherry tomatoes into halves or quarters for younger children to reduce the choking hazard.

Hygiene

Wash vegetables and fruit. Make sure your child's water bottle is cleaned regularly and clearly marked with their name.

Crunch the rainbow

Choosing different coloured vegetables and fruits keeps it interesting and is good for health! Go red with tomatoes or strawberries, green with snow peas or pears, orange with capsicum or a mandarin, purple with purple carrots or grapes, and white with cauliflower or bananas.

Take the veg pledge

Research shows that while most kids eat enough fruit, only 6% consume enough vegetables. Sending vegetables for Crunch&Sip® is a great way to develop healthy habits and boost these numbers!

Not allowed

All other foods and **drinks are not permitted** for Crunch&Sip® including:

- other drinks (e.g. fruit or vegetable juices)
- fruit or vegetable products (e.g. fruit leather, popcorn, fruit or vegetable breads)
- fruit canned in syrup or jelly or with artificial sweeteners
- flavoured or marinated canned and bottled vegetables
- foods other than fruit or vegetables (e.g. cheese cubes, yoghurt, muesli bar, crackers)