

CRUNCH & MOVE

Dear Parents/ Guardians,

Our class is taking part in Crunch & Move, a fun initiative that encourages students to crunch on veggies and move their bodies more every day in May. Participation involves stopping for a Crunch&Sip® break and engaging in short movement activities across the day.

Each classroom is provided with movement resources varying in difficulty, all designed to give students regular *brain breaks* and help them perform at their best.

During Crunch & Move please try to send vegetables only for your child to eat during Crunch&Sip®.

As only six per cent of primary school kids in Australia eat enough vegetables, including veggies across the day means more opportunity to boost numbers and create long lasting healthy habits.

Snow peas, celery, cucumber, capsicum, cauliflower florets, cherry tomatoes or carrot sticks - there are so many colourful veggies to choose from!

More information on Crunch & Move is available on the Crunch&Sip® website:

www.crunchandsip.com.au/event/crunch-and-move

Thanks for your support.

Crunch&Sip team®

Follow Crunch&Sip® on Facebook and Instagram to stay up to date with upcoming events, as well as have access to nutrition information.

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Crunch&Sip®

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