

Crunch&Sip[®] certification checklist

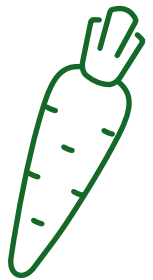
Contact name: _____ Position: _____

Email: _____

To become a Crunch&Sip[®] school you must complete all of the following steps:

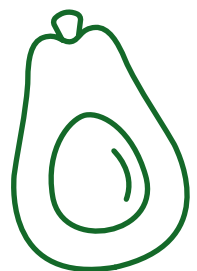
Gather support from the school community:

- Approach the school administration team to ensure there is support for becoming a Crunch&Sip[®] school.
- Nominate a Crunch&Sip[®] Coordinator as the contact person within your school.
- Discuss strategies for implementing Crunch&Sip[®] with staff members and parent committees.
- Make Crunch&Sip[®] a regular agenda item at a scheduled school meeting.



Introduce Crunch&Sip[®] into the classroom:

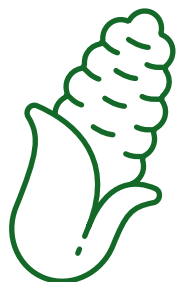
- Inform parents/carers e.g. distribute Crunch&Sip[®] brochures or parent magnets (order online at crunchandsip.com.au).
- Discuss the permitted and non-permitted foods with parents and students.
- Set an in-class time for students to eat their veg or fruit.
- Ensure that 75% of students are participating in Crunch&Sip[®].



Identify ways to provide fruit or vegetables for students who may not have access to their own:

(please tick those that apply)

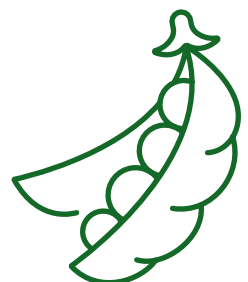
- Nominate funds to purchase vegetables or fruits for students in need.
- Seek donations from local businesses.
- Access Foodbank WA or other charitable donations.
- Other (please specify):



I have completed and attached the Crunch&Sip[®] pledge

I would like more information around how to support students in need

I would like to book my FREE healthy lunchbox session for parents
(Packed with Goodness)

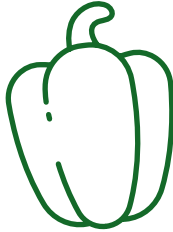


Crunch&Sip[®] pledge

I, _____ Principal of _____, on behalf of our school community, agree to take the Crunch&Sip[®] pledge and commit to the health and wellbeing of our students. In taking this pledge we agree to adopt the following Crunch&Sip[®] principles;

Teachers will:

- Set a Crunch&Sip[®] time each day in the morning or afternoon. Ensure the Crunch&Sip[®] break is in addition to recess and lunch and occurs **in class only**.
- Encourage all students to eat vegetables or fruit in the classroom during the designated Crunch&Sip[®] time.
- Encourage all students to bring in a clean water bottle and drink water in the classroom throughout the day.
- Role model the consumption of vegetables, fruit and water by participating in Crunch&Sip[®] along with students.



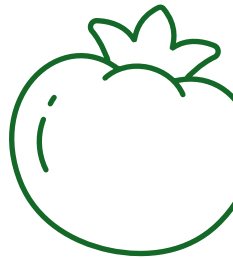
Students will:

- Bring vegetables or fruit to school each day to eat during Crunch&Sip[®].
- Bring a clean and freshly filled water bottle to school each day to sip on during class.



The school community will:

- Develop inclusion strategies to support students who may not have access to fruit and vegetables on a regular basis. Chat to us if you would like more information.
- Ensure the Crunch&Sip[®] Coordinator contact details are up to date.
- Disseminate Crunch&Sip[®] information to support parents, staff and students.
- Foster an environment that supports healthy eating habits for students and school staff (consider the classroom, canteen and school events).
- Encourage students to eat a variety of core food groups at recess and lunch for sustained energy. This is not when the Crunch&Sip[®] break should occur.



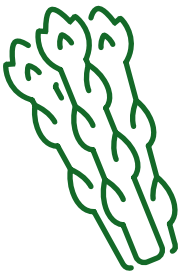
The following foods ARE permitted items during the Crunch&Sip[®] break:

Vegetables

- All fresh vegetables (plain cooked vegetables also welcome and may be needed for children with sensory sensitivities).
- Vegetables canned in water with no added salt (e.g. corn spears, baby carrots, butter beans).

Fruit

- All fresh fruit (plain cooked fruit also welcome and may be needed for children with sensory sensitivities).
- Fruit canned in water, juice or with no added sugar (e.g. peach slices). Don't forget a spoon!
- Dried fruit like sultanas or apricots are allowed for Crunch&Sip[®] but should be limited due to concentrated sugars and increased risk of tooth decay..



Water

- A clean water bottle filled with plain water.

The following foods are NOT permitted during the Crunch&Sip[®] break:

- All other drinks (e.g. fruit or vegetable juices).
- Foods other than fruits or vegetables (e.g. cheese cubes, muesli bars, yoghurt, crackers).
- Fruit or vegetable products (e.g. fruit leather, popcorn, fruit or vegetable breads).
- Fruit canned in syrup or jelly or with artificial sweeteners.
- Canned and bottled vegetables containing added salt or oil.



Signed: _____

Date: _____