



How to Crunch&Sip®

A guide for parents

Crunch&Sip® encourages kids to eat more vegetables and fruit and reach for water, which helps teach them healthy habits from a young age. Crunch&Sip® should only occur during class time and is not designed to replace recess.



To Crunch&Sip® every day, send your child to school with:



- A clean bottle filled with water.
- Some easy to eat vegetables or fruit for the classroom.

What can I pack?

✓ Allowed

✓ Vegetables

- All fresh vegetables (plain cooked vegetables also welcome).
- Vegetables canned in water with no added salt.

✓ Fruit

- All fresh fruit (plain cooked fruits also welcome)
- Fruits canned in natural juice not syrup.
- Dried fruit (please limit, dried fruit should not be packed daily).

✓ Water

- Plain water.

✗ Not allowed

✗ Vegetable products (e.g. vegetable breads, popcorn, chips, vegetable pastries).

✗ Marinated vegetables.

✗ 'Fruit' products (e.g. fruit leather, roll-ups, bars, jams, fruit cakes).

✗ Fruit canned in syrup, jelly or with artificial sweeteners.

✗ Drinks other than plain water (including fruit or vegetable juices).



Supported by



How to Crunch&Sip® A guide for parents

Crunch&Sip® trade secrets



Keep them fresh

- Prevent freshly cut fruit from browning across the day by squeezing some lemon over it, or dunking it in soda water before packing.
- Store Crunch&Sip® in an airtight container.
- Keep Crunch&Sip® vegetables juicy and crisp by laying a cold, wet paper towel on top of your cut up veggie sticks before securing the lid.
- Pack an ice block with your Crunch&Sip® to cool veggies in summer.

Introduce variety

- Why not make tinned or frozen (thawed) vegetables part of your line up too? Make sure you choose reduced salt/sugar options that have been well drained to reduce mess. Try tinned baby corn spears, asparagus, or frozen peas.
- Try pairing a Crunch&Sip® favourite (something you know they will eat), with something new or less familiar. This will help to increase the variety of fruit and vegetables your children eat. Start with trying some sweeter vegetables like red capsicum or cherry tomatoes to get them on board.

Preparation is key

- Whilst cutting up vegetables for dinner, cut some extra veggie sticks for tomorrow's Crunch&Sip®. It will save you time and mess in the morning.
- Shop with Crunch&Sip® in mind. When writing your shopping list, add some Crunch&Sip® options to your list. A punnet of cherry tomatoes, sugar snap peas, some baby cucumbers or a couple of carrots are all great options.

Get the kids involved

- Let your kids pick out a special Crunch&Sip® container from the supermarket. You could even get them to decorate it with stickers.
- When shopping, encourage kids to choose their Crunch&Sip® vegetables for the week.
- Get the kids to help chop and pack their Crunch&Sip®.

Do you need support? If you are concerned about how Crunch&Sip® is being run in your school please chat to your Crunch&Sip® coordinator.

If you still have concerns or questions that need addressing, please contact us directly on crunchandsip@cancerwa.asn.au or visit our website crunchandsip.com.au.