



How to Crunch&Sip®

A guide for teachers

For teachers who are new to Crunch&Sip®, wrapping your head around a room full of children eating veggies and fruit during class time can be a little overwhelming! The good news is, once your class has settled into a rhythm, the Crunch&Sip® break can help with learning and concentration at the same time as boosting nutrition.



Introducing Crunch&Sip® to your classroom:

1. Establish a time **in class** each day for a Crunch&Sip® break. This is flexible to the needs of your students and school timetable. It is a requirement of the program that the break must occur **within class time**. Crunch&Sip® is not to replace recess or lunch.
2. Get the message out to students. Talk about what they need to do to participate and display or distribute resources that prompt them such as classroom posters or bookmarks. Order online at crunchandsip.com.au/resources/order-resources.
3. Get the message out to parents. Order or download brochures, letters or parent reminder magnets to send home for families. Place inserts in the school newsletter, on social media or discuss at school meetings/assemblies. Order or download from crunchandsip.com.au/resources.
4. Set clear Crunch&Sip® classroom rules.

What can families 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).

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Helpful hints



Reduce mess

While all fruit and veggies are healthy choices, not all are suitable for Crunch&Sip®. Encourage students to bring easy to eat whole or pre-cut vegetables or fruits that don't make a mess.

To prevent water dripping or being spilt on desks try some of these tips:

- Allocate space at the side of the classroom for water bottles or place them on the floor next to each desk.
- Encourage bottles with sports caps instead of removable lids as they help to minimise spills.
- Place a paper towel under frozen bottles to soak up excess water as they thaw.

Support student participation

If students are simply forgetting, try sending a letter or parent reminder magnet home with them (these can be ordered via the website). Try to remind students at the end of each day to bring in Crunch&Sip® for the following day. If students are reluctant to get involved, try creating enthusiasm by hosting a Crunch&Sip® event or role model eating fruits and vegetables yourself. It is also a good idea to have a strategy in place to provide for students who may not be able to bring their own Crunch&Sip®.

Schedule Crunch&Sip® into the day

The Crunch&Sip® program is designed to be flexible so you can structure the break to suit your students and school timetable. Your whole school may have a set Crunch&Sip® time, or individual teachers may choose a time of day that suits them. Please note, it is a requirement of the program that the Crunch&Sip® break occurs within class time.

The break is not intended to replace recess or lunch. Here are some suggestions:

- Have the Crunch&Sip® break during transition times, for example as students come into class from fitness, or between literacy and numeracy lessons.
- Use news time, story read alouds or silent reading.

Avoid grazing

Whilst we encourage you to structure the break to suit your individual class needs, we discourage allowing students to graze on fruit and vegetables throughout the day, as grazing can promote unhealthy snacking habits and can be disruptive. If you prefer to allow students to determine the timing of their break, encourage them to focus on one of the main learning blocks.

If you require support or additional resources to assist you in implementing Crunch&Sip® in your classroom then please contact us at crunchandsip@cancerwa.asn.au or visit our website crunchandsip.com.au.

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