



Crunch&Sip[®]

Our School is committed to improving children's health through education and by supporting the Department of Health's Crunch&Sip[®] initiative.

Crunch&Sip[®] is a set break for students to eat fruit or salad vegetables and drink water in the classroom.

We invite you to support your child to participate in Crunch&Sip[®] by providing a clean water bottle to sit on their desk and a piece of fruit or vegetable each day for Crunch&Sip[®].

Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.



PERMITTED FOODS

CRUNCH: ALLOWED

Fruit

- All fresh fruit is permitted (e.g. whole fruits such as a banana or a small apple, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices). Don't forget a spoon!
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas)

Vegetables

- All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.)

Don't forget

- To wash all fruit and vegetables before eating
- Easy-to-eat fruit and veg is best
- Buying fruit and vegetables in season is cheaper and tastes better
- Students should wash their hands before eating

NOT ALLOWED

All other foods are not permitted including:

- 'Fruit' products (e.g. fruit leather, fruit roll-ups, fruit bars or similar)
- Fruit jams or jellies
- Fruit pies or cakes
- Fruit canned in syrup or jelly or with artificial sweeteners
- Canned or processed vegetables
- Vegetable or potato crisps, hot potato chips, olives
- Vegetable pastries (pies, pasties, sausage rolls)
- Baked vegetable breads
- Vegetable cakes, fritters, quiches or similar
- Popcorn

AND SIP: ALLOWED

- A clean, clear water bottle filled with plain water. Only plain water is to be consumed in the classroom

Don't forget

- To wash water bottles daily
- Don't share water bottles

NOT ALLOWED

- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including:
 - Fruit juice or fruit juice drink, Fruit cordial or mineral waters and Vegetable juices