

Crunch&Sip[®]

Information for parents and educators

What is Crunch&Sip[®]?

Crunch&Sip[®] is a set time for children to re-fuel with vegetables or fruit and rehydrate by drinking water in the classroom.

Why Crunch&Sip[®]?

"We heard it could improve concentration in the class, work levels, all those sorts of things. We're really quite pleased with the results" – Crunch&Sip[®] Principal

Too many children are not eating enough of the foods essential to good health. Vegetable consumption is particularly low, with recent government research revealing that five out of six primary school children in Western Australia do not eat enough vegetables.

Children can forget to drink enough during break times at school, leading to dehydration. When children are dehydrated they may have difficulty learning at school. Children who bring a water bottle into the classroom, and are reminded to drink, are likely to drink more each day.

How to participate in Crunch&Sip[®]

Please send children to school each day with:

- An extra serve of ready to eat vegetables or fruit to eat in the classroom
- A clean, clear bottle filled with water

Crunch&Sip[®] is meant to provide children with an extra serve of vegetables or fruit, not replace those included in the lunchbox.



Supporting Crunch&Sip®

Be a role model

Let your children see you regularly eat and enjoy vegetables and fruit and drink water. Children are influenced by family eating habits.

Buy in season

Vegetables and fruit that are in season taste great, are good quality and are cheaper.

Encourage a variety of fruit and vegetables

Take your children shopping and allow them to choose which vegetables and fruit they will take to school.

Plant a vegie garden with your kids

Research shows that children who are involved in the growing process are more likely to try new vegetables. Start with quick and easy to grow vegies like radishes or salad greens. If you don't have much space, pot plants are a great option.

Get children involved in meal preparation

Children of all ages can get involved! Younger children can tear up lettuce, while older children can prepare ingredients or serve up the final meal. They'll learn to cook, and are more likely to try food that they've helped create.



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