



Guidelines for Crunch&Sip® Classrooms

What is Crunch&Sip®?

Crunch&Sip® is a set time for students to eat vegetables and fruit and drink water in the classroom. Crunch&Sip® helps students to establish healthy eating habits while at school.

Crunch&Sip® Classrooms

If there are not enough classrooms at your school participating in Crunch&Sip® to certify as a whole school, you can register to become a Crunch&Sip® Classroom. This will give you access to free resources to help introduce and embed the program. It also allows your efforts and commitment to promoting healthy eating in the classroom to be recognised.

Registration is valid for one year (February to December) or part thereof. Teachers will need to re-apply at the commencement of a new school year.

Permitted foods

Vegetables

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

Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices)
- Dried fruit like sultanas or apricots are allowed for Crunch&Sip® but should be limited. This is because dried fruit tends to cling to teeth and is a concentrated source of sugar, increasing the risk of tooth decay.

Water

- Only plain water is to be consumed in the classroom.

Foods not permitted at the designated Crunch&Sip® break

- All other drinks (e.g. fruit or vegetable juices)
- 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

Supporting Crunch&Sip®

Teachers will:

- Set a Crunch&Sip® time each day in the morning or afternoon.
- Encourage all students to eat vegetables or fruit during the designated Crunch&Sip® time 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.
- Disseminate Crunch&Sip® information to parents, staff and students.
- Find ways to provide veg or fruit for students who do not have access to them.

Students will:

- Bring vegetables or fruit to school each day to eat during Crunch&Sip®.
- Wash their water bottle regularly and fill it with water daily.