

Crunch&Sip® Pledge

I, _____ Principal of _____, on behalf of our school community, agree to take the Crunch&Sip® pledge and commit to the health and well-being of our students. In taking this pledge we agree to adopt the following Crunch&Sip® principles;

Teachers will:

- Set a Crunch&Sip® time each day in the morning or afternoon.
- Encourage all students to eat vegetables or fruit in the classroom during the designated Crunch&Sip® time.
- Encourage students to drink a bottle of water in the classroom throughout the day.
- Role model the consumption of vegetables, fruit and water by participating in Crunch&Sip® along with students.

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.

The school community will:

- Find ways to provide vegetables or fruit for students who do not have access to them.
- Disseminate Crunch&Sip® information to parents, staff and students.
- Create an environment that supports the establishment of healthy eating habits for students and school staff.

Allow the following Crunch&Sip® permitted items to be consumed during Crunch&Sip® times;

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® time:

- 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

Signed _____

Date _____

Crunch&Sip[®] certification checklist

Contact name: _____ Position: _____

Email: _____

To become a Crunch&Sip[®] school you must complete all of the following steps;

We have gathered support from our school community by;

- Approaching the school administration team to ensure there is support for becoming a Crunch&Sip[®] School.
- Discussing strategies for implementing Crunch&Sip[®] with staff members and parent committees.
- Making Crunch&Sip[®] a regular agenda item at a scheduled school meeting or developing a Health and Wellbeing committee.

We have introduced Crunch&Sip[®] into classrooms:

- Informed parents/carers e.g. distributed Crunch&Sip[®] brochures or parent magnets (order online at www.crunchandsip.com.au)
- Discussed the permitted and non-permitted foods with parents and students.
- Set a time for students to eat their veg or fruit
- Trialled Crunch&Sip[®] for at least 2 weeks.
- At least 75% of our students are participating in Crunch&Sip

We have identified ways to provide fruit or vegetables to students who don't have them; (please tick those that apply)

- Budgeted to purchase vegetables and fruit
- Sought donations from local businesses
- Accessed Foodbank WA or other charitable donations
- Other (please specify) _____

Completed and attached the Crunch&Sip[®] pledge Yes