

What to pack for **Crunch&Sip®**  
**It's simple!**

Crunch&Sip means vegetables, fruit and water only.



**Sometimes**



For more information on Crunch&Sip, download the parent brochure from the Crunch&Sip webpage:  
[www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/crunchsip.aspx)

# 6 tips

**to increase fruit and vegetables at home**

1

## **Be a role model**

Let your kids see you enjoying fruit, vegetables and water.

2

## **Get the kids involved**

Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.

3

## **Make it accessible**

At home, keep ready to eat fruit and vegetables in easy to see and reach places. For example, place a fruit bowl on the counter and have ready chopped veggie sticks or fruit at kids' eye level in the fridge.

4

## **Try Crunch&Sip® at home**

Make time on weekends or during school holidays for a quick snack of fruit or veggies.



5

## **Keep trying!**

Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!

6

## **Include it in every meal**

Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherds pie, pasta sauce and burger patties.



Health

# Crunch&Sip®

**Information for parents**

## **What is Crunch&Sip®?**

Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

## **Why it matters:**

Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to 'refuel' and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don't eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

## **What you need to do:**

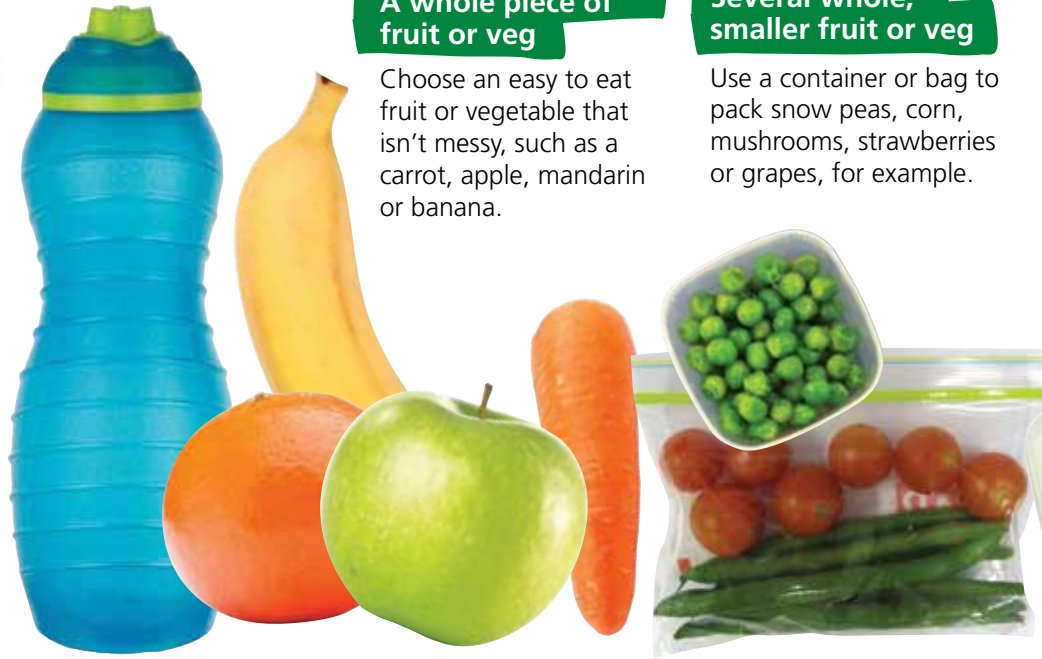
Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.



# what to pack

## A bottle of plain water

When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.



## A whole piece of fruit or veg

Choose an easy to eat fruit or vegetable that isn't messy, such as a carrot, apple, mandarin or banana.

## Several whole, smaller fruit or veg

Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

# for Crunch&Sip®

here are some examples

## Chopped fruit or veg

Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

## Veggie sticks

Cucumber, capsicum, celery and carrot are great options.

## Canned fruit

Fresh fruit and veg are best, but fruit canned in water or natural juice is OK **every now and then.**

## Dried fruit

For example, apple, mango, apricots or sultanas, a **maximum of once a week.**



## Helpful tips for Crunch&Sip®

**1** Only fruit and vegetables are suitable for Crunch&Sip®. The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or straps; potato or veggie chips; olives; fruit canned in syrup; popcorn.

**2** Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables. Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.

**3** Make sure whatever you pack is a suitable amount for your child and ready for them to eat. No chopping or preparing can be done at school. Include a fork or spoon when needed.

**4** Prepare Crunch&Sip® snacks in advance. Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.

**5** Crunch&Sip® is an excellent opportunity to encourage vegetables. Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.

**6** Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay. Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

**Note:** Your child's school may request some food items not be brought to school where there are students with severe allergies.