

St Damien's Crunch and Sip

Children are given the opportunity to engage in Crunch&Sip® from 9:00am – 11:00am as an opportunity for them to re-fuel with vegetables or fruit and rehydrate by drinking water in the classroom.

Many children do not eat the recommended serves of fruit and vegetables. Vegetable consumption is particularly low, with recent government research revealing that only 6% of Australian children eat enough. Crunch&Sip® is the perfect opportunity to eat extra serves of these foods essential to good health. Children who don't drink enough water during the day can become dehydrated, irritable, experience headaches and may have difficulty concentrating in class. Children are encouraged to have a water bottle in the classroom to sip on throughout the day.

The vegetables and fruit provided for Crunch&Sip® should be in addition to those already included in the lunchbox.

Fruit and vegetables not listed on this page **may still be packed** for student's lunch and recess (In accordance with Healthy Food Policy)

Fruit and vegetables must be peeled/chopped and in a reusable container. Fresh only; not tinned, frozen, dried or preserved in any way.

Allowed;

- Carrot sticks
- Celery sticks
- Capsicum slices
- Cucumber slices
- Broccoli bits
- Cauliflower bits
- Mushrooms
- Sugar snap peas
- Apple slices
- Pear slices

Please avoid any fruit or vegetables that required teacher preparation or have the potential to be messy or disrupt the flow of learning.

Tips:

Make sure the vegies and fruit you pack for Crunch&Sip® are low mess and quick and easy to eat. Pre-chopped vegies are ideal and can be prepared ahead of time. They will stay fresh if stored in an airtight container with a wet paper towel in the fridge. The school will not store any products in our fridges.

Hygiene: Wash vegetables and fruit. Make sure that your child's water bottle is cleaned regularly and clearly marked with their name.

Crunch the rainbow: Choosing different coloured vegetables and fruits keeps it interesting and is also good for health!

Take the veg pledge: Research shows that while most kids eat enough fruit, only 6% consume enough vegetables. Sending vegetables for Crunch&Sip® is a great way to develop healthy habits and boost this statistic!