

How can you ensure all your students can Crunch&Sip®?

There can be many reasons why students don't bring in items for Crunch&Sip. But aiming to get all students involved will have benefits for everyone.



Commit!

As a school community, make a commitment to address participation issues. Have a Crunch&Sip policy that outlines what strategies your school will undertake to get all students involved.

Have a back-up plan

Keep a supply of long-life fruit and vegetable supplies (e.g. tubbed or dried fruit) in classroom cupboards. Or place a fresh bowl of fruit and veg on teachers' desks at the start of each week. Have spare water bottles on hand or provide a water jug with cups. These can be funded through donations and sponsorships.



Communicate

Let parents know about Crunch&Sip and what is expected. Use the school newsletter snippets, newsletter images and social media tiles available on the Crunch&Sip website. Be prepared to send out regular reminders!

Keep it fun

Use the Crunch&Sip curriculum materials, quick brain breaks and interactive activities to keep students, and families, engaged. Reward participation with the Crunch&Sip classroom poster and stickers. Make it exciting by getting your school community involved in *Fruit & Veg Month* and *Vegetable Week & The Big Vegie Crunch*.



Grow your own

Involve students in growing fruit and vegetables that can be used to provide extra produce for Crunch&Sip when needed.



Ask for help

If you are sharing produce or providing tasting plates, you will need help to prepare the fruit and vegetables. Most parents will be happy to assist if it means their children will be eating more fruit and vegetables! Organise the timing of preparation sessions around school drop off.



Take control

For some schools, it just makes sense to provide Crunch&Sip supplies for some, or all, of the students. This can be funded through fundraising, donations, sponsorships or via a levy paid by parents.



Involve the canteen

Ask the canteen to sell Crunch&Sip packs to students. Parents can be invoiced or can pre-pay for a set number of packs (e.g. a week's worth). Or students can purchase them before school.



Pool the produce

Ask parents to send in whole fruit and vegetables at the start of the week. The produce can be used over the week to create Crunch&Sip plates for each class.

Want more information?

You can find more information, and all the Crunch&Sip resources, on the Crunch&Sip webpage:

www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx

For information on Fruit & Veg Month and Vegetable Week & The Big Vegie Crunch resources go to:

www.healthy-kids.com.au

If you would like further support for Crunch&Sip at your school, please contact your Local Health District Health Promotion Officer.

