

What to pack for

Crunch&Sip<sup>®</sup>

It's simple!

**Crunch&Sip  
means  
vegetables,  
fruit and  
water  
only.**



# Crunch&Sip<sup>®</sup> Pack ideas

Stuck for ideas to make your kids Crunch&Sip packs more interesting? Try these ideas:



1

## Use texture

Make a pack that includes vegetables or fruits with varying textures.



2

## Go for colour

Use a variety of colours in your packs to make them appealing.



3

## Make it tasty

Pack chopped vegetables or fruits that taste great together.



4

## Is it in season?

Vegetables or fruit in season will taste better.



5

## Add a fun fact

Include a post it note with an interesting fact about the vegetable or fruit in the pack.

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Sometimes

