



What is Crunch&Sip?

- Crunch&Sip helps children to develop regular healthy eating habits by providing a set time in class to consume fruit and vegetables and drink water.
- It provides children an opportunity to eat an extra serve of veggies or fruit to support good health and improve concentration at school.



Crunch&Sip Tips

New to Crunch&Sip? Try these tips:



- Start with familiar fruits and veggies
- Allow children to choose their own veggies
- Pack Crunch&Sip in a reusable

Checkout the information for parents at www.crunchandsip.com.au





Choose Veggies for Crunch&Sip

- Only one in sixteen children eat the recommended daily serves of vegetables. Primary school children need 4.5-5 serves of veggies each day which equates to 1 cup of raw veggies or ½ cup of cooked veggies.

See 'Healthy Tips' at
[www.crunchandsip.com.au/parents/
healthy-tips/crunch-on-vegetables](http://www.crunchandsip.com.au/parents/healthy-tips/crunch-on-vegetables).





What to pack for Crunch&Sip

- Send your child off to school each day with a reusable water bottle and fruit or vegetables for Crunch&Sip.
- For a list of recommended food and drinks for Crunch&Sip, see 'Permitted Food and Drinks' at www.crunch&sip.com.au/parents/permitted-food-and-drinks'.

