Why are fruit and vegetables important?

As a group, fruit and vegetables are rich in vitamins and minerals. They also provide other nutrients important for growth and development, such as dietary fibre.

Why is water important?

Not drinking enough fluid can quickly cause dehydration which can lead to headaches and irritability, particularly in children. Thirst is not a good indicator – by the time children feel thirsty, they are already dehydrated. Allowing and reminding students to drink water in class helps them to drink more.

Tips to support Crunch&Sip

✓ Don't forget Crunch&Sip in the school bag every day

Include:

- an extra piece of fruit or vegetables; and
- a small clear plastic water bottle.

✓ Be a role model

Let your children see that you eat and enjoy fruit and vegetables and drink water daily. Children are influenced by family eating habits.

✓ Plan ahead

Have pre-washed, easy-to-eat Crunch&Sip snacks ready to take to school.

✓ Buy in season

Fruit and vegetables that are in season taste great, are good quality and value for money.

✓ Involve your children in growing or buying their fruit and vegetables

It has been shown that children who are involved in the growing process are more likely to try new foods. If you can't grow your own, take your children shopping to allow them to choose their fruit and vegetables to take to school.

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Crunch&Sip®

Information for parents and educators

Healthier. Happier.

Queensland Government

150113

Crunch&Sip

Every child deserves the best start in life. Good eating habits formed during childhood help children grow well and protect them against disease in later life, such as heart disease, diabetes and some cancers.

The proportion of overweight and obese children has increased steadily in the past 30 years, with three in ten Queensland children now overweight or obese[1].

Too many children are not eating enough of the foods essential to good health. Fruit and vegetable consumption is particularly low. Results of government research for primary school aged children in Queensland showed that less than one in ten eat enough vegetables and about three in ten do not eat enough fruit[2].

What is Crunch&Sip?

Crunch&Sip is a set time to eat fruit or salad vegetables and drink water in the classroom. Students 'refuel' with fruit or vegetables and 'rehydrate' with water during the morning or afternoon – assisting physical and mental performance and concentration.

[1 & 2] The health of Queenslanders 2014, Queensland Government 2014.

Why have Crunch&Sip?

- Crunch&Sip encourages fruit and vegetable consumption and drinking water.
- Schools model healthy eating in the classroom, reinforcing nutrition education.
- Crunch&Sip gives children the opportunity to eat the piece of fruit or vegetable that might otherwise be left in their lunchbox or not eaten at all.

What can parents do?

For Crunch&Sip, parents need to provide their children with:

- a piece of fruit or salad vegetables; and
- a small clear plastic water bottle.

Crunch&Sip should not replace the fruit and vegetables eaten at recess or lunch.

What fruit and vegetables are allowed?

Fruit

✓ All fresh fruit (for example, whole or chopped fruits)

✓ Fruit canned in water or juice (not syrup)

✓ Dried fruit (please limit as it contains concentrated sugar and tends to cling to teeth, increasing the risk of tooth decay)

Vegetables

✓ All fresh vegetables (for example carrot, celery sticks, cherry tomatoes)

Water

✓ Only plain water (no added flavouring)

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What parents and teachers are saying:

"Many parents have told us that their children have been eating their fruit at school rather than taking it back home each day".

"The Prep class has had an increase in the number of students bringing fruit to school and eating it in the classroom".

"There's been an improvement in students' ability to concentrate for the entire morning session".

Forest Hill State School

Healthier. Happier.