

Why are vegetables and fruit important?

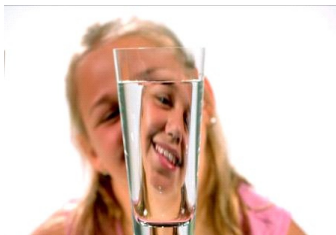
As a group vegetables and fruits are rich in vitamins, minerals, and other nutrients important for growth and development. They provide dietary fibre, needed to avoid constipation.

Why is water important?

Not drinking enough water 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.

Children rarely drink enough water and often forget to drink unless reminded.

Allowing and reminding students to drink water in class helps them to drink more.



Good for kids
good for life



An Australian Government,
State and Territory health initiative

Crunch&Sip®

**Promoting
vegetables,
fruit and
water
in schools**

www.goodforkids.nsw.gov.au

Crunch&Sip®

Every child deserves the best start in life. Good eating habits formed in childhood help children grow well and protect them against disease later in life.

Too many children are not eating enough of the foods essential to good health. Vegetable and fruit consumption is particularly low. Research in NSW shows that each day:

- only 1 in 4 children are eating enough vegetables
- less than 3 in 4 children are eating enough fruit.

What is Crunch&Sip®

Crunch&Sip® involves a time each day when children can eat a piece of vegetable or fruit in the classroom, while class continues. They can also have a clear water bottle on their desk to sip from throughout the day. Teachers will also include the benefits of vegetables and fruit and drinking water in lesson plans.



Hunter New England schools are committed to improving children's health through education and by supporting *Crunch&Sip®*.

Why have Crunch&Sip®

Crunch&Sip® encourages vegetable and fruit snacking and drinking water. Schools model healthy eating in the classroom, reinforcing the nutrition messages in class lessons and activities. *Crunch&Sip®* gives children the opportunity to eat the vegetable or fruit that might otherwise be left in their lunchbox or not eaten at all.

What can parents do to support Crunch&Sip® ?

For *Crunch&Sip®* parents will need to provide their child with

- A piece of vegetables or fruit to eat in the classroom
- A small clear plastic water bottle to keep in the classroom

Your school will have provisions for children who are unable to afford or forget vegetables or fruit—ask your school more about this.

Tips for Parents

- Always wash the vegetables and fruit at home before you send them to school.
- For younger children send cut up vegetables and fruit.
- Be sure the water bottle is washed daily and clearly marked with your child's name.
- Dried fruit is permitted but fresh or canned fruit is the best option.
- Dried fruit is high in energy so it is recommended only in small serves. Also dried fruit can stick to teeth and increase the chance of tooth decay. It is recommended that dried fruit is not offered everyday and when eaten followed by a drink of water.

Type	Permitted	Not Permitted
Fruit	<ul style="list-style-type: none"> • All fresh fruit • Fruit canned in natural juice • Dried fruit (small serves eg. 1^{1/2} tablespoons dried fruit such as sultanas, 4 dried apricot halves). 	<ul style="list-style-type: none"> • Fruit products (leathers, bars, roll-ups, metres, or similar). • Fruit jams or jellies. • Fruit pies or cakes. • Fruit canned in syrup.
Vegetables	<ul style="list-style-type: none"> • All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc). 	<ul style="list-style-type: none"> • Canned or processed vegetables. • Vegetable/potato crisps or hot potato chips. • Vegetable pastries (pies, pasties, sausage rolls). • Baked vegetable breads. • Vegetable cakes, fritters, quiches or similar. • Popcorns.
Drinks	<ul style="list-style-type: none"> • Only plain water is to be consumed in the classroom. 	<ul style="list-style-type: none"> • Drinks other than plain water not permitted (e.g. Fruit or vegetable juice/drinks/cordials).