



POLICY & PROCEDURES

Crunch & Sip™ Policy

UPDATED: Feb, 2014

CRUNCH & SIP™

Crunch & Sip™ break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Waggrakine Primary School has introduced Crunch & Sip™ to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at Waggrakine Primary School are to have a Crunch & Sip™ break and eat fruit or vegetables and drink water in the classroom every day.

OBJECTIVES

The objectives of the Crunch & Sip™ break are to:

1. Increase awareness of the importance of eating fruit and vegetables and drinking water every day.
2. Enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch & Sip™ break in the classroom.
3. Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
4. Encourage parents to provide students with fruit or vegetables every day.
5. Develop strategies to help students who don't have regular access to fruit and vegetables.

Disseminating information to parents and staff

- The Waggrakine Primary School community will be made aware of Crunch & Sip™ through articles in the newsletters.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit and vegetables

- All fresh fruit and vegetables are permitted. (eg whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted. (eg peach slices)
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children.
- Dried fruit is permitted but fresh fruit is encouraged.

Water

- Water is the only drink allowed to be consumed in the classroom.