Please always pack plain water and some vegetables or fruit. Some ideas are:

**WHAT TO PACK**
- Water
- Whole Veg
- Fruit Slices
- Vegie Sticks
- Dried Fruit
- Whole fruit

**PLEASE DO NOT PACK**
- Fruit Juice
- Fruit Leathers
- Vegie Chips
- Muesli Bars
- Popcorn

**TIP:** For younger children, chop vegetables and fruit into bite size pieces.

**TIP:** On weekends, get the whole family involved with Crunch & Sip® at home.

**TIP:** Vegetables and fruit taste best and are cheaper when you buy what’s in season.

**TIP:** If you can’t buy fresh, try canned fruit in natural juice.
Tips to encourage children to eat more vegetables and fruit in the home

- **Be a role model.** Let your kids see you eating and enjoying vegetables, fruit and water.

- **Give children multiple opportunities to try new foods.** Children need to be offered a new food a number of times. If they say they don’t like something after a first taste, don’t take it off the menu straight away.

- **Get the kids involved when choosing and buying fresh vegetables and fruit.**

- **Get the kids growing vegetables and herbs.** If children are involved in the growing of herbs and vegetables, they are more likely to try eating them.

- **Get the whole family preparing vegetables and fruit for family meals.** This helps kids become more familiar with them. They’re more likely to try something they’ve prepared. Even young children can get involved in tearing up lettuce!

- **Make vegetables and fruit easy to see.** Keep a bowl of fruit on the kitchen table. Prepare some vegetable sticks and keep them in a container at the front of the fridge at children’s eye level.

- **Complete the Crunch&Sip® At Home Challenge.** This can be downloaded from Healthy Kids Association website – www.healthy-kids.com.au.

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**Crunch&Sip®**

**Information for Parents**

**What is Crunch&Sip®**

Crunch&Sip® is a primary school program that lets children crunch on vegetables and fruit and sip water in the classroom. It encourages children to choose vegetables and fruit as a snack and water as a drink. These healthy options provide important nutrients for kids, allows them to ‘re-fuel’ and can help improve their physical health and concentration.

**Instructions for Parents**

Crunch&Sip® takes place each day in the classroom. Please send your child to school with some vegetables or fruit and a water bottle, so they can take part in this great program.

**Why are vegetables and fruit so important?**

Eating a variety of foods is important for good health, both now and in the future. Poor eating habits have been linked to a number of diseases, such as heart problems and some forms of cancer.

**Don’t forget the Water?**

Children rarely drink enough water and often forget to drink unless reminded. Crunch&Sip® allows them to drink water in the classroom, avoiding dehydration, which can cause headaches and irritability.