



Pingelly Primary School  
**CRUNCH&SIP<sup>®</sup> POLICY**

Effective: *June 2015*

## **CRUNCH&SIP<sup>®</sup>**

Crunch&Sip<sup>®</sup> break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. *Pingelly Primary School* has introduced Crunch&Sip<sup>®</sup> to support students to establish healthy eating habits whilst at school.

## **GOAL**

All students and teachers at Pingelly Primary School enjoy a Crunch&Sip<sup>®</sup> break and eat fruit or vegetables and drink water in the classroom every day.

## **OBJECTIVES**

The objectives of the Crunch&Sip<sup>®</sup> break are to:

1. increase awareness of the importance of eating fruit or vegetables and drinking water every day.
2. enable students, teachers and staff to eat fruit or vegetables the allocated Crunch&Sip<sup>®</sup> break daily at 2.00-2.10pm.
3. encourage students, teachers and staff to drink water throughout the day.
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.

## **IMPLEMENTING CRUNCH&SIP<sup>®</sup>**

### **In the classroom**

Teachers will:

- include Crunch&Sip<sup>®</sup> time daily from 2.00-2.10pm in classroom timetables.
- encourage all students daily to eat a piece of fruit or vegetable during the designated Crunch&Sip<sup>®</sup> break.
- encourage students to drink a bottle of water throughout the day.

Students will:

- wash their hands prior to the Crunch&Sip<sup>®</sup> break.
- bring fruit or vegetables to school each day to eat at the break.
- wash their water bottle and fill it with water daily, as directed by their teacher.

The school community will:

- find ways to provide fruit or vegetables for students who do not have access to them.

### **Disseminating information to parents and staff**

The *Pingelly Primary School* community will be made aware of Crunch&Sip<sup>®</sup> by including details:

- in the school policy and procedures manual
- in the school parent handbook and school newsletter
- on the school website

## **REVIEW**

It is important to check the progress of Crunch&Sip<sup>®</sup> in our school. We will:

- review Crunch&Sip<sup>®</sup> annually with recommendations for improvements made if necessary
- formally review the Crunch&Sip<sup>®</sup> policy every two to three years. The final revised version will be presented to the *Pingelly Primary School Council* for endorsement.

## FRUIT, VEGETABLES AND WATER GUIDELINES

### Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices)
  - Fruit canned with artificial sweeteners added is **not permitted**. Artificial sweeteners are not recommended for children.
- Dried fruit is permitted, although, fresh fruit or vegetables is the first choice because dried fruit contains high concentration of natural sugar and it tends to cling to teeth, increasing risk of tooth decay (e.g. sultanas).
  - Nuts are not permitted due to nut allergies

### Vegetables

- All fresh vegetables are permitted (e.g. celery, carrot sticks, broccoli bits etc.)

### Water

- Only plain water is to be consumed in the classroom.

### Foods not permitted at the designated Crunch&Sip<sup>®</sup> break

- All other foods
- All other drinks (including waters with added vitamins, minerals, or carbonates) are not permitted including:
  - Fruit juice or fruit juice drink
  - Fruit cordial or mineral waters
  - Vegetable juices

## CREATING A SUPPORTIVE ENVIRONMENT

*Pingelly Primary School* has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit and vegetables and increasing water intake, at the following times:

### 1. Physical Education and Sport

All students will be encouraged to drink water from a water bottle during physical education and sports classes.

### 2. Camps and excursions

All students will be required to bring an individual water bottle for all camps and excursions.

### Adult role modelling

Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Crunch&Sip<sup>®</sup> policy.

### Occupational Safety and Health

- Parents will be informed of the importance of rinsing fruit and vegetables.
- Students will be informed of the importance of hand washing before eating.
- Students will be required to wash their hands before eating.

### School management

The school management will:

- Maintain a clean and safe water supply for students to refill water bottles.
- Have a plan in place to ensure access to fruit or vegetables for all students, including budgeting *in the Breakfast Club budget* each year to purchase fruit and vegetables and seeking donations of fruit or vegetables from local orchards, retailers or families.