



'Crunch & Sip' Policy

'CRUNCH & SIP'

'Crunch & Sip' is a set break for students to eat fruit or salad vegetables and drink water in the classroom. St. Benedict's School has introduced 'Crunch & Sip' to support students in establishing healthy eating habits whilst at school.

GOAL

All students and teachers at St. Benedict's School enjoy 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 or 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 – strategies include teacher provision, provision from supplies in the staffroom and provision from supplies in canteen. If children regularly do not bring 'Crunch & Sip' food then contact will be made with the parents to ascertain reasons and suggests ways that parents can assist their child with this.

IMPLEMENTING 'CRUNCH & SIP'

In the classroom

Teachers will:

- ☺ set a 'Crunch & Sip' time each day in the morning or afternoon
- ☺ encourage students daily to eat a piece of fruit or vegetable in the classroom during the designated 'Crunch & Sip' break
- ☺ encourage students to drink a bottle of water in the classroom throughout the day
- ☺ teachers will provide support to children who have recognised medical conditions which prevent them from fully participating in the program

Students will:

- ☺ wash their hands prior to the 'Crunch & Sip' 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, if the need arises

Disseminating information to parents and staff

The St. Benedict's School community will be made aware of 'Crunch & Sip' by including details in some of the following:

- ☺ in the school policy and procedures manual
- ☺ in the school parent handbook
- ☺ during student enrolment
- ☺ in reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures, etc.

The St. Benedict's School incorporates nutrition into the appropriate curriculum key learning areas to raise students' awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.

REVIEW

It is important to check the progress of 'Crunch & Sip' in our school. We will:

- ☺ review 'Crunch & Sip' annually with recommendations for improvements to be made if necessary
- ☺ inform the school community if any changes need to be made
- ☺ evaluate and update the nutrition curriculum component

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- ☺ All fresh fruit is 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, 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 (eg sultanas)
- ☺ All other foods not permitted at the designated 'Crunch & Sip' break

Vegetables

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

Water

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

