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

Too many children are not eating enough of the foods essential to good health. Fruit and vegetable consumption is particularly low. Results of government research on primary school aged children in Western Australia found that, on any given day:

• Four out of 10 eat no fruit
• Three out of 10 eat no vegies
• Half eat confectionery

The proportion of overweight children has tripled in the last 20 years:

• One in four boys are overweight
• One in three girls are overweight

What is Crunch&Sip?

Crunch&Sip is a set break to eat fruit (or salad vegetables) and drink water in the classroom. Students ‘re-fuel’ with fruit or vegetables during the morning or afternoon - assisting physical and mental performance and concentration.

Why have Crunch&Sip?

Crunch&Sip encourages fruit and vegetable snacking and drinking water. Schools model healthy eating in the classroom, reinforcing the nutrition curriculum. The Crunch&Sip break gives children the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox or not be eaten at all. Through Crunch&Sip, St Pius X school demonstrates our commitment to nutrition education in the classroom, by making links with the curriculum and creating a supportive school environment.

What can parents do?

For the Crunch &Sip break parents will need to provide their children with:

• An extra piece of fruit (or salad vegies) to eat in the classroom
• A small clear plastic water bottle to keep in the classroom

Always wash fruit or vegetables at home before you send them. For younger children send cut up fruit or vegies.

Be sure the water bottle is clearly marked with your child’s name.

Happy eating

Therese Jones
Kids and teens gain many benefits from a physically active lifestyle. This can happen as part of play, physical education and games and sport in school, the family and the community.

Active and healthy.
Kids love to be active. Making physical activity a part of their daily routine is not only fun, but also healthy. Physical activity is important for healthy growth and development. It is also a great way for kids to make friends and learn physical and social skills.
Encouraging kids to be active when they are young also establishes a routine that could stay with them throughout their life.
If you are a parent or carer of a young child, the two points to remember are:
* Children need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day.
* Children should not spend more than two hours a day using electronic media for entertainment (e.g. computer games, TV, Internet), particularly during daylight hours.


At St Pius X we are providing children with daily PE sessions where the focus is on the development of Fundamental Movement skills. The students spend 10-15 minutes each morning learning and developing a skill which is sequential across the grades. This time becomes part of the 120 minutes of physical activity that is prescribed by the Department of Education for each week.
6 tips to increase fruit and vegetables at home

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

2. Get the kids involved
   Grow, shop and cook with your kids. They're more likely to eat something they've helped prepare.

3. Make it accessible
   At home, keep ready to eat fruit and vegetables in easy-to-see and reach places. For example, place a fruit bowl on the counter and have ready-chopped veggie sticks or fruit at kids' eye level in the fridge.

4. Try Crunch&Sip® at home
   Make time on weekends or during school holidays for a quick snack of fruit or veggies.

5. Keep trying!
   Kids might need to be offered new foods up to ten times before they try them, so don't give up if a new food is rejected first time!

6. Include it in every meal
   Think about how you can add vegetables to all your meals. For instance, add grated vegetables such as carrot and zucchini to bolognese, shepherd's pie, pasta sauce and burger patties.

Crunch&Sip® Information for parents

What is Crunch&Sip®?
Crunch&Sip® is a primary school program where children crunch on fruit and/or vegetables and sip water at a set time during class every day.

Why it matters:
Crunch&Sip® encourages children to choose fruit and vegetables as a snack and water as a drink. It enables them to ‘refuel’ and rehydrate, which helps improve concentration and mental and physical performance. Children rarely drink enough water and often forget to drink unless reminded, which can cause headaches and irritability. Crunch&Sip® gives them the opportunity to drink water, avoiding dehydration.

Crunch&Sip® helps ensure the fruit or vegetables you pack are eaten when they otherwise may not be. It is a great opportunity to promote vegetables as research shows children don’t eat enough veggies, whereas they often eat enough fruit. Fruit and vegetables provide vital nutrients for kids, which are important for good health, both now and in the future.

What you need to do:
Send your child to school with a water bottle and some fruit or vegetables so they can participate in Crunch&Sip®. The fruit or vegetables need to be ready to eat in the classroom. See overleaf for suggestions.
**what to pack**

**A bottle of plain water**
When it comes to thirst, choose water first! Give your child a bottle of water to take to school every day.

**A whole piece of fruit or veg**
Choose an easy to eat fruit or vegetable that isn’t messy, such as a carrot, apple, mandarin or banana.

**Several whole, smaller fruit or veg**
Use a container or bag to pack snow peas, corn, mushrooms, strawberries or grapes, for example.

**Chopped fruit or veg**
Pack a container of bite sized pieces of fruit or vegetables such as watermelon, mango, broccoli or cauliflower. If needed, remember to include a fork or spoon to avoid sticky fingers.

**Veggie sticks**
Cucumber, capsicum, celery and carrot are great options.

**Canned fruit**
Fresh fruit and veg are best, but fruit canned in water or natural juice is OK every now and then.

**Dried fruit**
For example, apple, mango, apricots or sultanas, a maximum of once a week.

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**Helpful tips for Crunch&Sip®**

1. **Only fruit and vegetables are suitable for Crunch&Sip®.**
The following are NOT suitable: fruit juice; fruit products such as roll-ups, leathers or strips; potato or veggie chips; olives; fruit canned in syrup; popcorn.

2. **Crunch&Sip® is a good opportunity to encourage your child to eat a variety of fruit and vegetables.** Variety packs look great and are a good way to introduce new fruit and vegetables alongside more familiar or accepted ones.

3. **Make sure whatever you pack is a suitable amount for your child and ready for them to eat.** No chopping or preparing can be done at school. Include a fork or spoon when needed.

4. **Prepare Crunch&Sip® snacks in advance.**
Plan for the week ahead by chopping all the snacks needed for Crunch&Sip® at one time. Or, simply cut extra vegetables when preparing dinner the night before.

5. **Crunch&Sip® is an excellent opportunity to encourage vegetables.** Research shows that most kids eat enough fruit, but they need to increase the amount of vegetables they eat every day. Raw veggies make a great snack for Crunch&Sip®.

6. **Dried fruit should only be eaten occasionally, such as a maximum of once a week, as it sticks to teeth increasing the risk of tooth decay.** Encourage your child to swish water around their mouth after eating dried fruit to help prevent tooth decay.

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Note: Your child’s school may request some food items not be brought to school where there are students with severe allergies.