



# Crunch & Sip<sup>®</sup>

**Madeley**



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# CRUNCH&SIP® Policy

Crunch&Sip® (at the teachers' discretion) allows students to graze on cut fruit and vegetables and drink water in the classroom throughout the day. Madeley Primary School has introduced Crunch&Sip® to support students to establish healthy eating habits whilst at school.

## GOAL

All students and teachers at Madeley Primary School enjoy Crunch&Sip® and eat fresh fruit or vegetables and drink water in the classroom throughout the 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 and staff to eat fruit or vegetables in the classroom throughout the day.
3. Encourage students and staff to drink water in the classroom throughout the day, during break times and at sport carnivals, excursions and camps.
4. Encourage parents to provide students with fruit or vegetables every day.
5. Develop strategies to help students who do not have regular access to fruit and vegetables.

## PEOPLE INVOLVED IN CRUNCH&SIP® DEVELOPMENT AND REVIEW

The Madeley Primary School's Crunch&Sip® Committee is comprised of Jarred Moon (Teacher), Belinda Visser (Teacher) and P&C Canteen Coordinator.



# CRUNCH&SIP<sup>®</sup> Policy

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

### In the classroom

Teachers will:

- Encourage students to graze on cut up pieces of fruit or vegetable in the classroom all day.
- Encourage students to drink a bottle of water in the classroom throughout the day.
- Educate students in regard to hygiene and eating food in the classroom.

Students will:

- Bring fruit or vegetables to school to eat throughout the day.
- 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.
- P&C to provide funds (amount TBC).

### Disseminating information to parents and staff

The Madeley 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.
- During student enrolment.
- In the reminders for parents and teachers at least four times a year. Either as talks, newsletters or brochures, etc.

Madeley Primary 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<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 revised document will be made available for parents and staff for comment. The final revised version will be presented to the school board and Principal for endorsement.
- Regularly evaluate and update the nutrition curriculum component.

# CRUNCH&SIP® Policy

## FRUIT OR VEGETABLES AND WATER GUIDELINES

### Fruit

- All fresh fruit is permitted.
- 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 not permitted.

### 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 in the classroom for Crunch&Sip®

- All other foods (see Permitted food and drink at the designated Crunch&Sip® break).
- All other drinks (including waters with added vitamins, minerals or carbonates) are not permitted including:
  - Fruit juice or fruit drinks.
  - Fruit cordial or mineral waters.
  - Vegetable juices.

**Don't forget to pack Crunch&Sip® every day...**  
Crunch&Sip® is a set time for your child to eat vegetables or fruit and drink water in the classroom.

**WATER** + **VEGIES** or **FRUIT**

Crunch&Sip® | healthway | Cancer Council Western Australia | [www.crunchandsip.com.au](http://www.crunchandsip.com.au)

# CRUNCH&SIP® Policy

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## CREATING A SUPPORTIVE ENVIRONMENT

Madeley 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:

### **Physical Education and Sport**

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

### **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® policy.

### **Occupational Safety and Health**

- Water bottles are to be washed daily at home.
- 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 canteen**

The school canteen will sell fruit at cost price.

### **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 (to be decided by finance committee) a certain amount each year to the purchase of fruit or vegetables and seeking donations of fruit or vegetables from local orchards, retailers, or families.