



## **EAST WAIKIKI PRIMARY SCHOOL CRUNCH & SIP POLICY**

### **CRUNCH & SIP™**

Crunch & Sip™ break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. East Waikiki Primary School has introduced Crunch & Sip™ to support students to establish healthy eating whilst at school.

### **GOAL**

All students and teachers at East Waikiki Primary School enjoy a Crunch & Sip™ break and eat fruit or vegetables and drink water in the classroom most days.

### **OBJECTIVES**

The objective 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 in the classroom.
3. Encourage students, teachers and staff to drink water throughout the day in class, during break times and at sports and on excursions.
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**

#### **Teachers will:**

- have a crunch & sip time 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.

#### **Students will be encouraged to:**

- 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.

#### **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 east Waikiki Primary School community will be made aware of Crunch & Sip by including details:

- in the school policy and procedures
- 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 East Waikiki 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 in our school.

We will:

- review crunch & sip every three years with recommendations for improvement made if necessary. A final revised version will be presented to East Waikiki PS School Council for endorsement.
- regular evaluations and update to the nutritional curriculum component.

## **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 not encouraged (e.g. peach slices)
- Fruit canned with artificial sweeteners added, is not permitted. Artificial sweeteners are not recommended for children.
- Fresh fruit or vegetables is the first choice, although dried fruit is permitted. Dried fruit contains high concentrations of natural sugar and it tends to cling to the teeth, increasing risk of tooth decay (e.g. Sultanas).

### **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 break

- All other foods (see permitted food and bring at the designated crunch & sip break)
- All other drinks (including water with added vitamins, minerals or carbonates) are not permitted including:
  - Fruit juice or fruit juice drinks
  - Fruit cordial or mineral waters
  - Vegetable juices

## **CREATING A SUPPORTIVE ENVIRONMENT**

East Waikiki 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 be encouraged to drink water from a water bottle during physical education and sports classes.

### **Excursions**

All students will be required to bring an individual water bottle for all 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.
- Parents will be informed of the importance of rinsing fruit and vegetables.
- Students will be informed of the importance of hand washing before eating.

**Our Crunch & Sip Policy has been designed by our School Council, comprising both parents and staff representatives.**