



Crunch & Sip Policy



Updated: June 2025

Background

Crunch&Sip® is a set time during the school day for students to eat vegetables and fruit and drink water in the classroom. Crunch&Sip is not designed to replace recess and must occur within class time. Students bring vegetables and/or fruit and a water bottle to school each day for their Crunch&Sip. Mount Helena Primary School continues to promote Crunch&Sip® to support students to establish healthy eating habits whilst at school.

Goal

All students and teachers at Mount Helena Primary 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® are to:

- Increase awareness of the importance of eating vegetables and fruit and drinking water.
- Provide students, teachers and staff an opportunity to eat vegetables and fruit in the classroom during Crunch&Sip time.
- Improve the nutrition knowledge, attitudes and behaviours, among parents and community members.

Whole School Crunch and Sip Guide

- Students will be offered the opportunity to eat fruit or vegetables at the designated Crunch&Sip® time
- MHPS supports the teachers and students to designate Crunch&Sip® time in their classroom at least once per day, in support of the needs of their class.

In the classroom

Teachers will:

- Set and utilise the designated Crunch&Sip® time each day for eating fruit or vegetables.
- Encourage all 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:

- 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.



Crunch & Sip Policy



Communicating information to parents and staff

The Mount Helena Primary School community will be made aware of Crunch&Sip® by including methods:

- In the school policy and procedures manual
- In the school parent handbook
- During student enrolment
- On the school website
- In reminders for parents and teachers at least four times a year, ie, newsletters, brochures.
- On the school notice board

Review

It is important to check the progress of Crunch&Sip® in our school.

We will:

- Review Crunch&Sip® annually with recommendations for improvements made if necessary.
- Formally review the Crunch&Sip® 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 Council for endorsement.

Fruit and Vegetable Guidelines

Fruit

- All fresh fruit is permitted (e.g. whole fruits, chopped melon, cut up oranges)
- Fruit canned in water, juice or no added sugar is permitted (e.g. peach slices)
- 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)

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
- Fruit canned with artificial sweeteners added is not permitted. Artificial sweeteners are not recommended for children.
- 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



Crunch & Sip Policy



Creating a Supportive Environment

Mount Helena 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. Access to water fountains are available for those who do not have their water bottle.

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.
- 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.

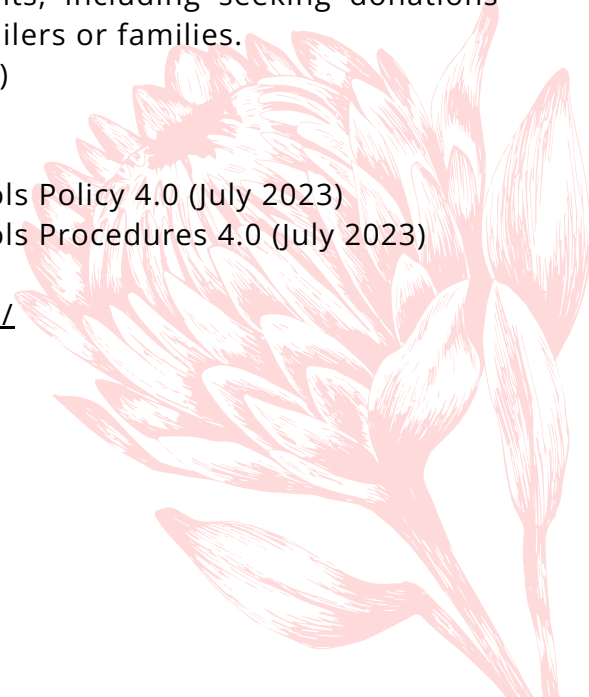
School Management

The school management will:

- Maintain a clean and safe water supply for students to refill water bottles
- Have a plan to provide fruit or vegetables for students, including seeking donations of fruit or vegetables from local orchards, retailers or families.
- Participate in 'The Great Vegie Crunch' each year (Term 3)

References

- Department of Education: Student Health in Public Schools Policy 4.0 (July 2023)
- Department of Education: Student Health in Public Schools Procedures 4.0 (July 2023)
 - Appendix B: Healthy Food and Drink
- Crunch & Sip Website: <https://www.crunchandsip.com.au/>



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

WATER

+

VEGIES

or

FRUIT



crunchandsip.com.au

Crunch&Sip®