CRUNCH & SIP
Crunch and Sip break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Moorine Rock Primary School introduced Crunch & Sip to support students to establish healthy eating habits whilst at school.

GOAL
All students and teachers at Moorine Rock Primary School enjoy a Crunch & Sip break and eat fruit or vegetables and drink water the classroom every afternoon.

OBJECTIVES
The objectives of the Crunch & Sip break are to:
Increase awareness of the importance of eating fruit or vegetables and drinking water every day.
Enable students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
Encourage parents to provide students with fruit or vegetables every day.
Cater for students who don’t have regular access to fruit and vegetables.

PEOPLE INVOLVED IN CRUNCH & SIP DEVELOPMENT AND REVIEW
The Moorine Rock Primary School’s Crunch & Sip Committee is comprised of the School Council members, The Principal and the Junior and Senior Class Teachers.

IMPLEMENTING CRUNCH & SIP

In the Classroom

Teachers will:
Have a Crunch & Sip time each day in the 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:
Wash their hands prior to the Crunch & Sip break.
Bring fruit or vegetables to school each day to eat at the break.
Take their water bottles home each night to be washed.

The School Community will:
Provide fruit or vegetables for students who do not have access to them.
Disseminating Information to Parents and Staff
The Moorine Rock Primary School community will be made aware of Crunch & Sip by including details:
In the school policy and procedures manual.
In the school parent handbook.
During student enrolment.
In the newsletter for parents and teachers once per term.

The Moorine Rock Primary School incorporates nutrition into the Health and Physical Education key learning area to raise students’ awareness of the importance of good nutrition and adequate hydration during childhood, adolescence and adulthood.

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 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.
Regularly evaluate and update the nutrition curriculum component together with the Health and Physical Education teacher.

FRUIT OR 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 permitted (e.g. 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 the 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 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 juice drink.
Fruit cordial or mineral waters.
Vegetable juices.

CREATING A SUPPORTIVE ENVIRONMENT
The Moorine Rock 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.

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 in place to ensure access to fruit and vegetables for all students, including budgeting $100.00 for Health and Physical Education budget each year to purchase fruit and vegetables, and seeking donations of fruit or vegetables from families who may have an excess of fruit or vegetables.