



Success Primary School

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Crunch and Sip Policy

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Success Primary School has introduced Crunch&Sip[®] to support students to establish healthy eating habits whilst at school. Students will be encouraged to eat fruit or salad vegetables while at school and drink water in the classroom and throughout the school day. It will not be used to provide an additional break for students during the school day.

GOAL

To encourage all students and teachers at Success Primary School to enjoy eating fruit or vegetables and drink water every day.

OBJECTIVES

The objectives of Crunch&Sip[®] are to:

1. Increase awareness of the importance of eating fruit or vegetables and drinking water every day.
2. Encourage students, teachers and staff to eat fruit or vegetables during allocated breaks – **recess time and lunchtime**
3. Encourage students, teachers and staff to drink water throughout the day in the classroom, during break times and at sports, excursions and camps.
4. Encourage parents to provide students with fruit or vegetables every day.

IMPLEMENTING CRUNCH&SIP[®]

In the classroom

Teachers will:

- Encourage all students daily to eat a piece of fruit or vegetable during **the set 5 minute eating break prior to the afternoon recess play break. Eating at this time will be supervised by the classroom teacher.**
- Bring fruit or vegetables to school each day **to eat during set 5 minute break prior to the afternoon recess play break.**
- Encourage students to drink a bottle of water in the classroom throughout the day.
- Wash their water bottle and fill it with water daily.

FRUIT OR VEGETABLES AND WATER GUIDELINES

Fruit

- All fresh fruit is encouraged (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 encouraged. 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 risk of tooth decay (e.g. sultanas)

Vegetables

- All fresh vegetables are encouraged (e.g. celery, carrot sticks, broccoli bits etc.)

Water

- Only plain water is to be consumed in the classroom.
- Water bottles to be topped up during recess and lunch breaks only.