

### **CRUNCH&SIP®**

Crunch&Sip® break is a set break for students to eat fruit or salad vegetables and drink water in their Learning Space. *Salvado Catholic College* has introduced Crunch&Sip® to support students to establish healthy eating habits whilst at school.

### **GOAL**

All students and teachers at *Salvado Catholic College* enjoy a Crunch&Sip® break and eat fresh fruit or vegetables and drink water in the Learning Space every day.

### **OBJECTIVES**

The objectives of the Crunch&Sip® break are to:

- Increase awareness of the importance of eating fresh fruit or vegetables and drinking water every day.
- Enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch&Sip® break in the Learning Space.
- Encourage students, teachers and staff to drink water throughout the day in the Learning Space, during break times and at sports, excursions and camps.
- Encourage parents to provide students with fresh fruit or vegetables every day.
- Develop strategies to help students who don't have regular access to fruit and vegetables.

### **IMPLEMENTING CRUNCH&SIP®**

#### **In the Learning Spaces**

Teachers will:

- Set a Crunch&Sip® time each day in the morning or afternoon.
- 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 Learning Space throughout the day.

Students will:

- Wash their hands prior to the Crunch&Sip® break.
- Bring fresh fruit or vegetables to school each day to eat at the the Crunch&Sip® break.
- Bring a water bottle each day and refill it as required.

### **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 contain 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 Learning Space.

### **Foods not permitted at the designated Crunch&Sip® break**

- All other foods
- 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**

Salvado Catholic College has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, this involves 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.

### **PARTNERSHIPS AND SERVICES**

Salvado Catholic College will develop strong community links to the school by:

- Providing information to parents and staff about the Crunch&Sip® programs. For example through newsletters, the College website, during student enrolment interviews, in the College Policy and procedures manual.
- Supporting FoS fundraising initiatives that uphold the principles of healthy eating and physical activity.
- Actively seeking opportunities to form partnerships with parents/carers, community groups, health service professionals and agencies to achieve the aims outlined in our Health and Wellbeing Policy.
- Act as positive role models by practising healthy eating and physical activity.
- Support the College's Crunch&Sip Policy, and help develop and regularly update the policy.

### **EVALUATION & REVIEW**

#### ***The College Leadership Team and Staff will:***

- Review the Crunch&Sip behaviours of students, staff, parents, and visitors and make recommendations for improvement.
- Update and promote curriculum material relevant to healthy eating activities.
- Formally review the Crunch&Sip® Policy every two to three years. The revised document will be made available for parents and staff for comment.

Originally Released	Date of Last Review	Date for Next Review
2017	2019	2021