

# Crunch&Sip®



## Oakville Public School

### Crunch&Sip® Policy

#### **Crunch&Sip®**

Crunch&Sip® is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Oakville Public School has introduced Crunch&Sip® to support students to establish healthy eating habits while at school.

#### **Goal**

All students and teachers at Oakville Public School should enjoy a Crunch&Sip® break to eat fruit and vegetables and drink water in the classroom everyday.

#### **Objectives**

The objectives of Crunch&Sip® are to:

1. Increase awareness of the importance of eating fruit and vegetables and drinking water everyday
2. Enable students, teachers and staff to eat fruit or vegetables during an allocated Crunch&Sip® break in the classroom
3. Encourage students, teachers and staff to drink water regularly throughout the day, including during sports, excursions and camps
4. Encourage parents to provide students with fruit and vegetables everyday
5. Develop strategies to help students who don't have regular access to fruit and vegetables
6. Reinforce the healthy eating messages taught during Crunch&Sip® break with nutrition education taught during PDHPE lessons

#### **Key Parties for Policy Development and Review**

The Oakville Public School Crunch&Sip® Committee is comprised of Deb Allen Crunch & Sip Co-ordinator, Gary Condon Principal, Ron Burton SRC Representative, Sue Murphy Canteen Manager.

The final version of this document will be presented to the SRC for endorsement.

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## ***Implementing Crunch&Sip®***

### **In the classroom**

Teachers will:

- Consult with their class to set class rules for the Crunch&Sip® break
- Set a Crunch&Sip® break time each day
- Encourage students to eat fruit or vegetables and drink water during the Crunch&Sip® break
- Encourage students to drink water from their drink bottles throughout the day
- Encourage students to drink water during sport, excursions and camps
- Include nutrition and healthy eating lessons as part of their PDHPE programming during the year

Students will:

- Wash their hands prior to the Crunch&Sip® break
- Bring fruit or vegetables each day to eat during Crunch&Sip®
- Bring a small, clear bottle of water each day to drink during class
- Wash their bottle each day and fill it with water as directed by their teacher

### **Sharing information**

The Oakville Public School community will be informed of Crunch&Sip® in the following ways:

- This policy included in the Policy and Procedures Manual
- Information about Crunch&Sip® included in kindergarten orientation information
- Reminders to parents at least once per term (eg brochures, newsletter articles or parent talks)

# Crunch&Sip®

## ***Review of the Crunch&Sip® Policy***

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

- Review Crunch&Sip® annually and make recommendations for improvement when necessary
- Formally review this Crunch&Sip® Policy every two to three years and make the revised document available to the school community for comment
- Have the revised Crunch&Sip® Policy endorsed by SRC
- Regularly evaluate the use and effectiveness of the nutrition curriculum materials

## ***Fruit, Vegetable and Water Guidelines***

### **Fruit**

- All fresh fruit is permitted (eg whole fruits such as apples, bananas or plums and chopped fruit such as melon, pineapple or kiwifruit)
- Preserved fruit in water, or juice with no added sugar (eg small fruit tubs or canned peaches)
- Dried fruit (eg sultanas, dried apple or apricots) is permitted however only small amounts, eaten infrequently, are recommended as these fruits have a high concentration of natural sugars that cling to teeth and increase risk of tooth decay

### **Vegetables**

- All fresh vegetables are permitted (eg carrot, celery stick or cherry tomatoes)

### **Water**

- Plain, still water

## **Not permitted**

- All other fruit products, including bars and leathers, pies, cakes, pastries and muffins
- Potato chips and crisps
- Vegetable pies, cakes, pastries and muffins
- All other drinks, including flavoured waters, sparking water, flavoured mineral water, fruit and vegetable juices and fruit cordial.

## ***Supportive Environments***

Oakville Public School has created an environment to support healthy eating habits in students, teachers and staff. Specifically, eating fruit and vegetables and drinking water should be encouraged at the following times:

## **Physical education and sport**

All students will be encouraged to drink water from a bottle during physical education and sport classes, sports carnivals and school representative sport matches.