



Crunch and Sip Policy

RATIONALE

Kinross Primary School incorporates nutrition into the appropriate curriculum key learning areas to raise students' awareness of the importance of good nutrition and adequate hydration during childhood and adolescence. Crunch & Sip break encourages students to eat fruit or vegetables and drink water throughout the day. All students and teachers at Kinross Primary School enjoy a Crunch & Sip break to eat fruit or vegetables and drink water in the classroom every day.

Objectives

The objectives of the Crunch & Sip break are to:

1. increase awareness of the importance of eating fruit or vegetables and drinking water every day
2. enable students and staff to eat fruit or vegetables during allocated Crunch & Sip break/s in the classroom
3. encourage students and staff to drink water throughout the day in the classroom, during break times and during sports, excursions and camps
4. encourage parents to provide students with fruit or vegetables every day
5. develop strategies to help students who don't have regular access to fruit and vegetables.

Implementation

Teachers will:

- Encourage Crunch & Sip time each day in the morning or afternoon (or allow intermittently throughout the day)
- encourage students to eat a piece of fruit or vegetable in the classroom or during breaks daily
- 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 during the break or in crunch and sip times
- 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

Fruit or Vegetables and Water Guidelines

- All fresh fruit is permitted (eg. whole fruits, chopped melon etc)
- Fruit canned with artificial sweetener 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
- All fresh vegetables are permitted (eg. celery, carrot sticks, broccoli bits, etc.)
- Only plain water is to be consumed in the classroom, water bottles washed daily
- Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Kinross Crunch & Sip policy.
- The school canteen will sell fruit at cost price.