



# NARACOORTE PRIMARY SCHOOL

## HEALTHY SNACK POLICY – CRUNCH AND SIP



Updated June 2022

### Intention

Naracoorte Primary School is committed to improving children's health through education and following the guidelines in SA Health's Crunch & Sip® initiative. Crunch & Sip® is a set break to eat fruit or vegetables and drink water in the classroom.

### Objectives

1. increase awareness of the importance of eating fruit or vegetables and drinking water every day.
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 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.
5. develop strategies to help students who don't have regular access to fruit and vegetables.

### Expectations

*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 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.
- wash their water bottle and fill it with water daily, as directed by their teacher.

*Parents will:*

- wash and fill drink bottles daily
- if possible, supply their child with an appropriate healthy snack

*The school community will:*

- find ways to provide fruit or vegetables for students who do not have access to them, e.g. Food Bank

### Fruit, Vegetable and Water Guidelines

#### Foods permitted at the designated Crunch & Sip® break are:

*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 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 and drinks 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

### Occupational Health and Safety Guidelines

- Water bottles are to be washed daily (at home or at school if supplied by school)
- Parents will be informed of the importance of rinsing fruit and vegetables.
- Students will be informed of the importance of hand washing before eating and will be required to do this.

