

Crunch&Sip®



Food to bring:

Freshly chopped fruit which can be eaten using fingers;

- Apple slices
- Peaches slices
- Grapes
- Watermelon cubes
- Plain fresh water

Food NOT to bring:

- Packaged foods
- Fruit sticks; rollups; tinned fruit
- Cordial
- Fruit juice or poppers

You may like to visit the Crunch&Sip website at www.crunchandsip.com.au for more information.

Dear Parents and Carers

Research has shown that drinking water and eating fruit and vegetables is essential for good health and can help concentration throughout the day.

Avoca Beach Public School is committed to improving children's health through education and by supporting the Department of Health's **Crunch & Sip** initiative. **Crunch & Sip** provides students the opportunity to put healthy eating messages into practice.

The students will be allocated a set time by their teacher during the morning to eat a small serving of fresh fruit and/or vegetables and drink water whilst continuing to read or work on classroom activities.

Students who are hungry or dehydrated can find it difficult to concentrate and teachers have found students are more willing to focus and learn after a short break.

Students are asked to bring a small labelled container of chopped fresh fruit or vegetables and a clean water bottle each day for **Crunch & Sip**.

Thank you for your support.

Avoca Beach Public School Staff