



Crunch&Sip



Crunch&Sip is an opportunity for students to eat fruit or vegetables and drink water in the classroom. South Thornlie Primary School has introduced Crunch&Sip to support students to establish healthy eating habits whilst at school. Each class may choose to have Crunch & Sip at any time during the day. We encourage students to bring an extra piece of fruit or cut vegetable to school each day for Crunch & Sip.

Each child is encouraged to bring a water bottle to drink throughout the day to prevent dehydration.

The Crunch&Sip program is an easy way to help kids stay healthy and happy! Giving students the chance to re-fuel with fruit or vegetables helps to improve physical and mental performance and concentration in the classroom, as well as promoting long term health.

Crunch&Sip is a well-established program in Western Australia, with over 44% of eligible schools across the state currently certified.

The objectives of Crunch&Sip are to:

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

