



## 10 tips to ensure all students have fruit and veg for Crunch&Sip<sup>®</sup>

Teachers often face the problem of students not bringing fruit or vegetables for Crunch&Sip<sup>®</sup>. Whether it is through financial disadvantage, lack of access to good quality fruit and vegetables or students simply forgetting to bring it, this is a problem that has several solutions. Why not implement one or more of the following in your school:

- 1) **Remind parents and students about Crunch&Sip<sup>®</sup>** in the school newsletter. Newsletter snippets are available on the Healthy Kids SCA website, and articles are included on the CD in the Resource Pack.
- 2) **Seek donations of fruit and vegetables** from parents and local businesses.
- 3) **Share fruit and vegetables.** Some schools chop all the fruit and vegetables brought by the class into bite-sized pieces and share it\*. This means that students can practice the social skills associated with eating together at a table.
- 4) **Encourage students to be a 'Fruity Friend'**, by bringing a spare piece of fruit or vegetable to share with a friend\*.

\* Make sure you communicate with parents when sharing fruit and vegetables, and ensure there are no allergies in your class

- 5) **Provide fruit and vegetables for students without any.** This could be funded by the school, the P&C or the canteen.
- 6) **Sell fruit at the canteen before school** or during Crunch&Sip<sup>®</sup>.
- 7) **Have a credit system at the canteen** where students receive fruit or vegetables and parents are invoiced.
- 8) **Set up a weekly pre-paid system at the canteen** where parents pay a small fee at the beginning of each week (for example 5 pieces of fruit at 60c per piece = \$3.00 per week), and students receive a piece everyday.
- 9) **Grow fruit trees or a vegetable garden in the school grounds.** Some good trees to try are citrus fruits, or try carrots, cherry tomatoes or green beans.
- 10) **Form links with local fruit and vegetable suppliers, green grocers, or supermarkets** to provide fruit and vegetable to the school, at a low price. Offer them advertising space in your newsletter or signage at school events (such as a fete or fun run) in return.

Once students become enthusiastic about Crunch&Sip<sup>®</sup> they are more likely to bring fruit and vegetables so that they are not left out.

If your school has come up with another strategy to ensure all students have fruit and vegetables, please let us know by calling 9876 1300 or 1300 724 850 (outside Sydney Metro) or emailing [info@healthy-kids.com.au](mailto:info@healthy-kids.com.au)