



**IMMACULATE HEART COLLEGE
CRUNCH&SIP[®] POLICY
Effective: 14 March 2014 – Updated May 2017**

CRUNCH&SIP[®]

Crunch&Sip[®] break is a set break for students to eat fruit or salad vegetables and drink water in the classroom. Immaculate Heart College has introduced Crunch&Sip[®] to support students to establish healthy eating habits whilst at school.

GOAL

All students and teachers at Immaculate Heart College enjoy a Crunch&Sip[®] break and 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, 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; and
5. Develop strategies to help students who don't have regular access to fruit and vegetables.

PEOPLE INVOLVED IN CRUNCH&SIP[®] DEVELOPMENT AND REVIEW

The Immaculate Heart College Crunch&Sip[®] Committee is comprised of the Principal, Staff, Parents and School Canteen Representatives.

The draft document is made available for the Principal, Staff, Parents and School Canteen Representatives to review. The final version of this document is then presented to the Board of Directors for endorsement.

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IMPLEMENTING CRUNCH&SIP[®]

In the Classroom

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; and
- 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; and
- Wash their water bottle and fill it with water daily, as directed by their teacher.

The College Community will:

- Find ways to provide fruit or vegetables for students who do not have access to them.

Disseminating Information to Staff and Parents

The Immaculate Heart College Community will be made aware of Crunch&Sip[®] by including details:

- In the College Handbook;
- During student enrolment;
- On the school website; and
- In reminders for parents and teachers at least four times a year; either as talks, newsletters or brochures, etc.

REVIEW

It is important to check the progress of Crunch&Sip[®] in our school. We will:

- Review Crunch&Sip[®] annually with recommendations for improvements made, if necessary; and
- Formally review the Crunch&Sip[®] Policy every two to three years. The revised document will be made available for Staff and Parents for comment. The final revised version will be presented to the Board of Directors for endorsement.

FRUIT OR VEGETABLES AND WATER GUIDELINES

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.

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- 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 not permitted at the designated Crunch&Sip® break

- All other foods; and
- 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; and
 - Vegetable juices.

CREATING A SUPPORTIVE ENVIRONMENT

Immaculate Heart College has created an environment to support the establishment of healthy eating habits for students, teachers and staff. Specifically, eating more fruit and vegetables, and increasing water intake at the following times:

Physical Education and Sport

All students will be encouraged to drink water from a water bottle during Physical Education and Sport classes.

Camps and Excursions

All students will be required to bring an individual water bottle for all camps and excursions.

Adult Role Modelling

Teachers, staff and parents will model appropriate consumption of fruit, vegetables and water to reinforce the Crunch&Sip® Policy.

Occupational Safety and Health

- Water bottles are to be washed daily.
- Parents will be informed of the importance of rinsing fruit and vegetables.
- Students will be informed of the importance of hand washing before eating.
- Students will be required to wash their hands before eating.

School Canteen

- The School Canteen will sell fruit at cost or low price.

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School Management Team

The School Management Team will:

- Maintain a clean and safe water supply for students to refill water bottles.
- Have a plan in place to ensure access to fruit or vegetables for all students, including creating a budget each year to purchase fruit and vegetables, seeking donations of fruit or vegetables from local orchards, retailers or families, or growing our own fruit and vegetables.