



## 10 tips to ensure all students have vegetables or fruit for Crunch&Sip

Some students can't or don't always bring vegetables or fruit for Crunch&Sip. Whether it is through financial disadvantage, lack of access to good quality vegetables and fruit or students simply forgetting to bring it, there are several solutions to still enable these students to participate:

- 1. Remind parents and students about Crunch&Sip** in the school newsletter. Feel free to copy and paste information from the Crunch&Sip website ([www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx](http://www.healthykids.nsw.gov.au/campaigns-programs/crunch-sip.aspx)).
- 2. Seek donations of vegetables and fruit** from parents and local businesses.
- 3. Share vegetables and fruit.** Some schools chop all vegetables and fruit brought by the class into bite-sized pieces and share it\*. This means that students can practise the social skills associated with eating together at a table.
- 4. Encourage students to be a 'Veggie Friend' or 'Fruity Friend'**, by bringing a spare serve of vegetable or fruit to share with a friend\*.
- 5. Provide vegetables and fruit for students who can't/don't bring it in.** The school, parent group or canteen might be able to assist with funding.
- 6. The canteen could sell vegetables or fruit before school** or during Crunch&Sip.
- 7. Have a credit system at the canteen** where students receive vegetables or fruit 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 five vegetable stick packs at 60c per pack = \$3.00 per week) and students receive their pack each day.
- 9. Grow vegetables and, if possible, fruit trees in the school grounds.** Some good options for school gardens (depending on your climate and space) are cherry tomatoes, beans, carrots, broccoli, capsicums, cucumbers, oranges, mandarins and passionfruit.
- 10. Form links with local vegetable and fruit producers, green grocers, or supermarkets** to provide vegetables and fruit to the school, at a discounted price. You could offer advertising space in your school newsletter or signage at school events (e.g. fete) in return.



Once students become enthusiastic about Crunch&Sip they are more likely to bring vegetables and fruit so they are not left out.

\* Make sure you communicate with parents when vegetables and fruit are being shared among students. Discuss the management of any allergies or intolerances with parents.