

Tips to encourage children to eat more vegetables and fruit in the home

- **Be a role model.** Let your kids see you eating and enjoying vegetables, fruit and water.
- **Give children multiple opportunities to try new foods.** Children need to be offered a new food a number of times. If they say they don't like something after a first taste, don't take it off the menu straight away.
- **Get the kids involved when choosing and buying fresh vegetables and fruit.**
- **Get the kids growing vegetables and herbs.** If children are involved in the growing of herbs and vegetables, they are more likely to try eating them.
- **Get the whole family preparing vegetables and fruit for family meals.** This helps kids become more familiar with them. They're more likely to try something they've prepared. Even young children can get involved in tearing up lettuce!
- **Make vegetables and fruit easy to see.** Keep a bowl of fruit on the kitchen table. Prepare some vegetable sticks and keep them in a container at the front of the fridge at children's eye level.
- **Complete the Crunch&Sip® At Home Challenge.** This can be downloaded from Healthy Kids Association website – www.healthy-kids.com.au.



Crunch&Sip®

Information for Parents

What is Crunch&Sip®

Crunch&Sip® is a primary school program that lets children crunch on vegetables and fruit and sip water in the classroom. It encourages children to choose vegetables and fruit as a snack and water as a drink. These healthy options provide important nutrients for kids, allows them to 're-fuel' and can help improve their physical health and concentration.

Instructions for Parents

Crunch&Sip® takes place each day in the classroom. **Please send your child to school with some vegetables or fruit and a water bottle, so they can take part in this great program.**

Why are vegetables and fruit so important?

Eating a variety of foods is important for good health, both now and in the future. Poor eating habits have been linked to a number of diseases, such as heart problems and some forms of cancer.

Don't forget the Water?

Children rarely drink enough water and often forget to drink unless reminded. Crunch&Sip® allows them to drink water in the classroom, avoiding dehydration, which can cause headaches and irritability.

Please always pack plain water and some vegetables or fruit. Some ideas are:

WHAT TO PACK



Water



Whole Veg



Fruit Slices



Vegie Sticks



Dried Fruit



Whole fruit



TIP: For younger children, chop vegetables and fruit into bite size pieces

TIP: On weekends, get the whole family involved with Crunch&Sip® at home

TIP: Vegetables and fruit taste best and are cheaper when you buy what's in season

TIP: If you can't buy fresh, try canned fruit in natural juice

PLEASE DO NOT PACK



Fruit Juice



Fruit Leathers



Vegie Chips



Muesli Bars



Popcorn