

How to Crunch&Sip[®]: a guide for parents



Crunch&Sip[®] is an easy and practical way of getting kids to eat more vegetables and fruit.

To Crunch&Sip[®] every day, send your child to school with:

- A clean, clear bottle filled with water
- An extra serve of easy to eat vegetables or fruit

Preparing and storing Crunch&Sip[®]

- **Wash** all fruit and vegies. Get the kids involved in this!
- **Cut** fruit and veg into easy-to-eat pieces
- **Store** fruit and veg in a sealed container
- **Chill** in an insulated lunch bag for extra crunchiness
- **Include** a spoon or fork for juicy fruit and veg like mango, avocado and melon. This will stop sticky fingers in the classroom.
- **Time saving tips**
 - Prepare vegie sticks in advance! They will stay fresh in the fridge for several days if kept in an airtight container with a wet paper towel.
 - A whole carrot, apple or celery stick is perfect for older kids – no chopping required! Sugar snap peas, cherry tomatoes and grapes are good for little ones.



Crunch&Sip[®] inspiration

Are your kids tired of the same carrot sticks and apple for Crunch&Sip[®] each day? Choosing different coloured vegetables and fruits keeps it interesting and is good for you too!



Different coloured vegetables and fruit provide different vitamins, minerals and phytonutrients. This will help give your children the right balance of nutrients for good health. Eat a rainbow!