

To: Parent/Caregiver



Re: **Crunch & Sip™**

Our school is involved in a school-based healthy living initiative called Action Schools! BC. Action Schools! BC is a best practices model designed to assist schools in creating individual action plans to promote healthy living. One of the activities is called *Crunch & Sip™*, which is a program that was originally successful in Western Australia.

In Canada, only 23.3% of youth aged 2 to 17 eat five or more servings of vegetables and fruit per day. Canada's Food Guide (2007) recommends five servings per day for children aged 4 to 8 and six servings per day for youth aged 9 to 13.

Crunch & Sip™ encourages students to bring fruit or vegetables and a water bottle to class every day to "crunch and sip" throughout the school day. We invite you to support your child's participation in *Crunch & Sip™* by providing a clean water bottle and some fruit or vegetables each day.

Crunch & Sip™ will start in our class on _____. Please remember to send a fruit or vegetable and a small water bottle on this day.

For more information on *Crunch & Sip™*, visit www.crunchandsip.com.au.

Questions about specific activities should be directed to your child's teacher. Information about the provincial initiative can be found at www.actionschoolsbc.ca.

