COORARA PRIMARY SCHOOL
FRUIT, VEGETABLE AND WATER POLICY
“CRUNCH AND SIP”

GOALS OF THE FRUIT AND WATER POLICY
- Increase student, parent, teacher and canteen staff awareness of the importance of consuming fruit, vegetables and water.
- Encourage students, teachers and staff to consume fruit/vegetables during an allocated fruit break in the classroom.
- Encourage students, teachers and staff to drink water throughout the day in the classroom and during break times, sports, excursion and camps.
- Encourage parents to provide students with fruit/vegetables every day in the morning fruit break.
- Develop strategies that ensure access of fruit to students at Coorara Primary School that do not access fruit regularly.

PEOPLE INVOLVED IN THE DEVELOPMENT AND REVIEW OF THE FRUIT AND WATER POLICY
- The Coorara Primary School - Fruit and Water Policy Committee includes representatives from all sectors of the school. The committee was comprised of the Deputy Principal, Teachers, Students, Parents, Governing School Council, Local Health Centre Nutritionists and Foodies.
- The final version of the policy was presented to the governing council for endorsement in term 3, 2006.
- Reviewed Term 2, 2011

IMPLEMENTING THE FRUIT AND WATER POLICY
Disseminating information about the fruit and water policy to parents and staff
- The fruit and water policy will be displayed in the school’s policy and procedures manual.
- Parents will be informed of the fruit and water policy during student enrolment.
- Policy & Pamphlet will be placed in enrolment pack.
- Parents and teachers will be reminded about the fruit and water policy at least four times a year either as talks, newsletter or brochures, etc.
- Visuals – posters etc.
Increasing awareness of the importance of good nutrition and adequate hydration during childhood and adolescence

- Incorporate nutrition program into the appropriate key learning areas of the school curriculum to raise students’ awareness of the importance of good nutrition and adequate hydration during childhood and adolescence.
- Teachers to have access to up-to-date information on nutrition.
- Nutrition (and hydration) related education is offered to parents at least two times a year either as talks, newsletters, brochures etc.

Guidelines for consumption of fruit and water

**Fruit**
- All fresh, canned and dried fruit/vegetables eg whole fruits, chopped melon, celery or carrot sticks, sultanas and dried fruit are permitted during fruit break (other foods are not permitted).
- A morning fruit break will be identified in the classroom.
- Teachers will encourage students daily to consume a piece of fruit (or vegetables) in the classroom during the identified morning fruit break.

**Water**
- Only plain water to be consumed in the classroom.
- Teachers will regularly encourage students to consume water throughout the day.

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

**Camps and Excursions**
- An individual water bottle for each student will be encouraged for all camps and excursions.

**Adult Role Modelling**
- Teachers and parents will model appropriate consumption of fruit and water to reinforce the policy.

**Occupational Safety and Health**
- Water bottles are to be taken home daily for washing.
- Parents will be informed of the importance of rinsing fruit.
- Students will be informed of the importance of hand washing.
- School should be aware of students with food allergies.

**Supportive Environments**
- The school canteen will sell fruit at a reasonable cost.
- The school will maintain a clean and safe water supply for students to refill water bottles.
- The school has a plan in place to ensure access of fruit to all students who do not access fruit regularly.
- School garden is utilised.
- Donations of fruit from local orchards and families will also be made available to students.
- Shared fruit and veg platters are made available to all students.
MONITORING AND EVALUATION
- The fruit and water policy will be reviewed bi-annually and recommendations will be made for improvements if necessary. Continue to evaluate and update the nutrition component of the curriculum.
- Assess plans to develop an environment that positively encourages fruit and water consumption.

Appendix 2

FRUIT AND WATER STICKER CHART RECORDING INSTRUCTIONS
Many of the pilot schools involved in the Fruit and Water Policy in Schools Pilot Project found that recording students intakes of fruit and water in the classroom increased student’s motivation. Teachers can encourage students to record their intake of fruit and water in the classroom periodically. Some suggestions about when to record are:

- When a fruit and water policy is first introduced into the classroom
- When motivation is starting to wane
- At the start of each term
- During Healthy Lifestyles Week
- When the class is focusing on Nutrition Education

Use a stamp, fruit and water stickers, or get the children to draw fruit and water symbols to record each day that they consume a piece of fruit during the afternoon fruit break or drink a bottle of water in the classroom. A ‘Fruit and Water Sticker Chart’ has been included for teachers to photocopy for each student. Alternatively teachers may like to design their own sticker chart for use in their classroom.

Fruits and (vegetables) that can be included on the sticker chart include all fresh fruit and vegetables, canned fruit (in natural juice) and dried fruits and vegetables.

The following food items are not to be consumed during the fruit break:

Fruits: fruit leather, fruit roll-ups, fruit meters or similar, jams, jellies, fruit pies or cakes, olives and fruit juices, canned fruit in syrup.

Vegetables: potato crisps, hot potato chips, vegetable pies, pastries, vegetable cakes or fritters, vegetable quiches, popcorn and vegetable juices.

Nuts and seeds:

Shared platters of fruit and veg are being made available as long as parent support is found.