

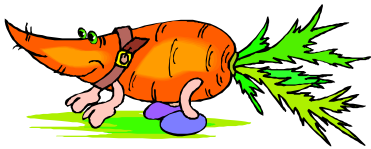


Q4: Fruit and Veg Break

Fruits and vegetables are part of a healthy, balanced diet. However, the recent "Q4: Lunchbox Look" survey showed that many Central Coast children were not eating enough vegetables at school, and the schools that did have fruit breaks had a higher average intake of fruit.

What is a Fruit and Veg Break?

A short, set break during morning classes for students to snack on fruit and vegetables, which aids concentration and prevents hunger



Why have a Fruit and Veg Break at school?

- To improve the overall intake of fruit and vegetables in students while at school
- To ensure all students have some nutritious food early in the morning, especially as some children do not eat breakfast
- Fruit and veg breaks can help to improve student's concentration and learning capacity
- Kids are more likely to eat fruits and vegetables if other snacks are not an option
- Kids are more likely to eat fruits and vegetables if their friends are doing it too
- Kids may skip recess to play - they can be very hungry by lunch time

How do I implement a fruit and veg break in my school?

- 1) Go to the "Crunch&Sip" website: www.crunchandsip.com.au for everything you need to know about fruit and veg breaks, including Frequently Asked Questions
- 2) The following Central Coast primary schools already have fruit and veg breaks. They are happy to share ideas. Contact:

Leon Miller - Central Coast Adventist PS - 4367 7239
 Wendy Britten - Killarney Vale PS - 4388 1066
 Simon Devlin - Our Lady at the Rosary - 4332 5594
 Matthew Walter - Wyoming PS - 4325 2181

Please Note:

A fruit and veg break alone is **not** a strategy to reduce the amount of inappropriate "sometimes" foods in kid's lunchboxes at school. Other measures need to be taken to achieve a whole-school approach.

Examples include:

- Implementing the Q4: "Go 4 Green" Lunchbox Promotion
- Use Q4: Super Lunchbox resources for parents
- Talk to the P&C and SRC about ways to encourage healthy lunchboxes at school
- Check out



www.meerilinga.org.au/Nutrition/LunchBoxWorld.aspx

For more information:

Central Coast Health Promotion Unit - 4349 4800

Central Coast Nutrition Services - 4320 3691

www.crunchandsip.com.au

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