

Crunch&Sip[®] Coordinators: The driving force



School health initiatives have a greater chance of success when an enthusiastic person or group of people coordinate and 'drive' the program. The Crunch&Sip[®] team regularly hears about the great things that Crunch&Sip[®] coordinators do to promote the program and we congratulate their efforts!

The role of the Crunch&Sip[®] coordinator is not meant to be onerous. The main job is to ensure that Crunch&Sip[®] is 'happening' in your school – it is easier to keep it going rather than starting all over again.

Tips for success

- When a Crunch&Sip[®] coordinator leaves the role or changes schools make sure a new coordinator is allocated – preferably someone who volunteers for the role.
- Notify the Crunch&Sip[®] team of any changes in contact details so that we can keep your school in the loop and make sure resources get to the correct person (fill in the form online or contact us using the details below).
- Notify school staff through meetings, staff emails or notices of Crunch&Sip[®] events (e.g. The Great Vegie Crunch) and new resources and pass on promotional material.
- Be a role model by participating in Crunch&Sip[®] every day.
- Ensure your school's Crunch&Sip[®] policy is reviewed every 2-3 years.
- Place a reminder in the school newsletter each term (download newsletter inserts from the Crunch&Sip[®] website) and send home letters or brochures regularly.
- Ask for help from other staff.
- Local businesses and agencies such as Foodbank WA may be able to supply students with vegetables or fruit. Don't be afraid to ask!
- If staff or students are reluctant to participate, don't give up! Some changes take time.

**For further assistance, contact the Crunch&Sip[®] team on 9212 4333,
schools@cancerwa.asn.au or visit www.crunchandsip.com.au**