



Dear Parents/Guardians,

Our class is taking part in March Munch, where students challenge themselves to crunch on vegetables for Crunch&Sip® during the month of March.

Crunch&Sip® is a set break for students to eat vegetables or fruit and drink water in the classroom. As only 6% of primary school kids in Australia eat enough vegetables, our school is encouraging kids to choose vegies for Crunch&Sip® to create healthy habits and help boost this figure.

During March Munch please send vegetables for your child to eat for Crunch&Sip®. Snow peas, celery, cut up cucumber or capsicum, cauliflower florets, cherry tomatoes or carrot sticks – there are so many colourful vegies to choose from!

By participating in March Munch our class will go in the draw to win some awesome prizes. More information on March Munch is available on the Crunch&Sip® website:

crunchandsip.com.au/event/1/march-munch-2021

Thanks for your support.

Crunch&Sip team®

Follow Crunch&Sip® on Facebook and Instagram to stay up to date with upcoming events, as well as have access to nutrition information.

 @crunchandsipbreak

 @crunchandsip