**Munch & Crunch**

*Munch & Crunch* is an opportunity for your child to refuel in class with fruit and/or vegetables and to rehydrate with water. Please ensure your child has fruit or vegetables and a bottle of water *each day.*

**Allowed**

**Fruit**
- All fresh fruit (e.g. whole fruits, chopped melon etc.)
- Dried fruit—please limit as they contain concentrated natural sugars.

**Vegetables**
- All fresh vegetables (e.g. celery, carrot, broccoli)

**Water**
- Only plain water