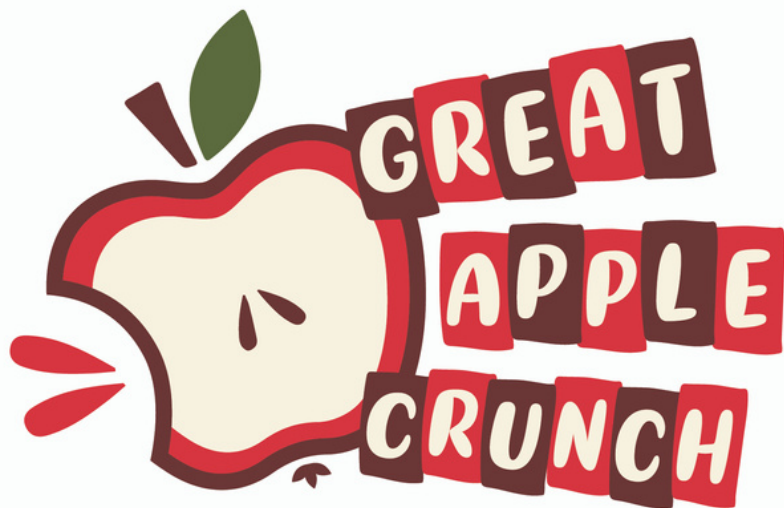


G R E A T   L A K E S



# INDIANA 2022 CRUNCH GUIDE for EARLY CARE AND EDUCATION

JOIN US AT NOON ON THURSDAY, OCTOBER 13TH  
(OR ANY DAY IN OCTOBER!)



Extension



INDIANA  
DEPARTMENT of  
EDUCATION



CENTER for INTEGRATED  
AGRICULTURAL SYSTEMS



INDIANA



INDIANA



Indiana State  
Department of Health  
Division of Nutrition  
and Physical Activity

# WHAT IS THE GREAT LAKES GREAT APPLE CRUNCH?

The Great Lakes Great Apple Crunch encourages healthy eating and supports farm to school and other local food purchasing initiatives throughout the region. It's also a fun way to connect food and agriculture to classroom curricula – from science to health & wellness!

In 2022, Indiana Great Lakes Apple Crunch and the Indiana Food Day teamed up to make the Crunch even crunchier! Take a look at the [Indiana Food Day toolkit ↗](#) for more ideas, resources, and classroom activities for pre-K-8!

Join the Great Lakes states of Minnesota, Wisconsin, Illinois, Indiana, Michigan, and Ohio in celebrating [National Farm to School Month ↗](#) by crunching into locally grown apples at NOON on **Thursday, October 13, 2022**. Of course, if you are unable to participate on October 13th or exactly at noon, we still encourage you to plan an Apple Crunch and Indiana Food Day event anytime during October's National Farm to School Month. Participants of all ages are invited to crunch!



For more information about the Great Lakes Great Apple Crunch visit the Apple Crunch website at [www.cias.wisc.edu/AppleCrunch ↗](http://www.cias.wisc.edu/AppleCrunch)

Please note: This PDF includes clickable links to additional online resources. Clickable links are blue and followed by a blue arrow (↗) like the Apple Crunch website above.



# HOW TO GET STARTED

## → REGISTER YOUR CRUNCH!

The best first step is to make your Crunch count. Be sure to register your Great Apple Crunch at <https://go.wisc.edu/7ie585> ↗.

## → ASSEMBLE AN APPLE PLANNING TEAM

Invite teachers, food service staff, administrators, your local Extension office, parents, and students to participate in the event planning process.

## → FIND YOUR APPLES

Review the "Find Your Apples" section for tips on finding local orchards to supply apples for your Crunch.

## → CHOOSE YOUR CRUNCH DAY ACTIVITIES

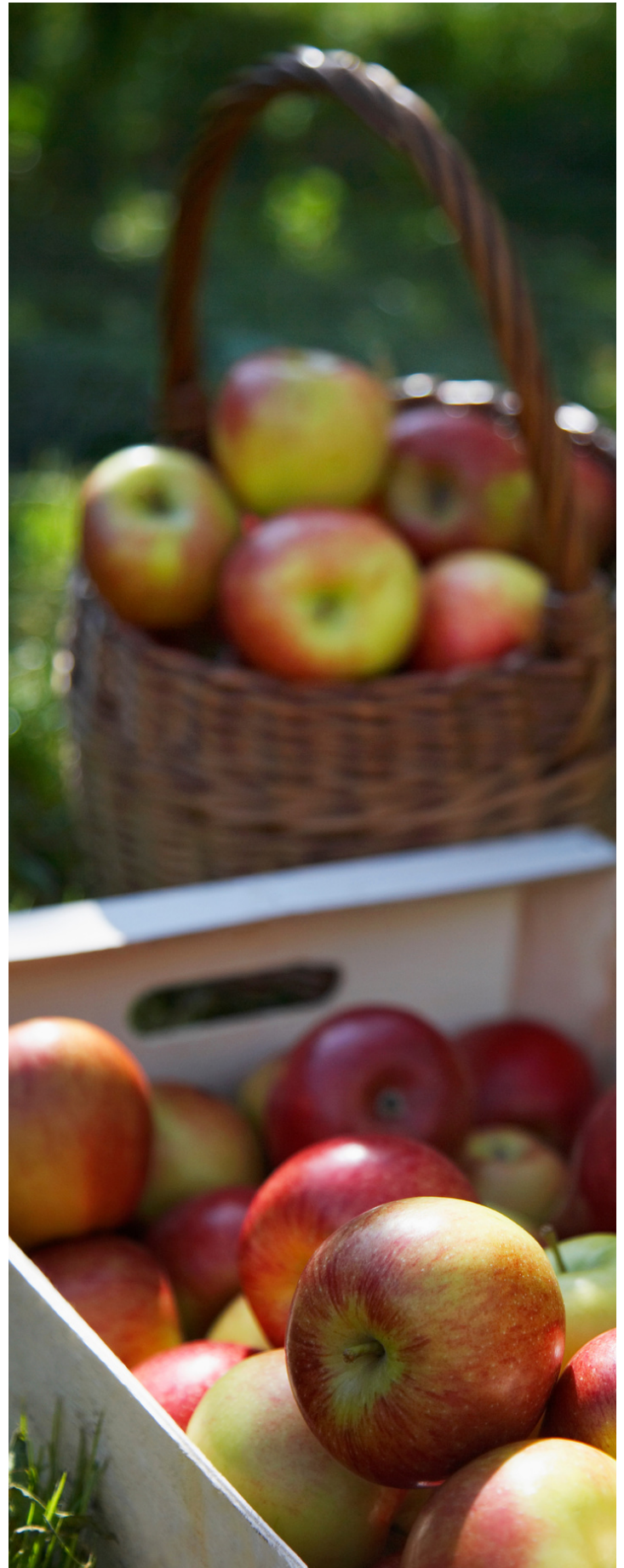
Plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate!

## → PREPARE YOUR COMMUNITY FOR THE CRUNCH

See "Promote Your Crunch" for tips to spread the word about your Crunch - and build excitement, fundraise, or find volunteers for your event!

## → AMPLIFY YOUR CRUNCH

Read "Share Your Story" and learn to amplify your Crunch through photos, social media, TV, newspaper, and radio!



# FIND YOUR LOCAL APPLES\*

## → INDIANA GROWN

Search for 'apples' on the Indiana Grown website

[www.indianagrown.org](http://www.indianagrown.org) ↗

## → INDIANA ORCHARDS DIRECTORY, ORANGE PIPPIN

Use this guide to search for orchards near you in Indiana

[www.orangepppin.com/orchards/united-states/indiana](http://www.orangepppin.com/orchards/united-states/indiana) ↗

## → USDA ON-FARM MARKET DIRECTORY

A great resource for finding farm stands and markets with local apples.

[www.ams.usda.gov/local-food-directories/onfarm](http://www.ams.usda.gov/local-food-directories/onfarm) ↗

## → USDA FOOD HUB & CO-OP DIRECTORY

A helpful tool for finding local food distributors and aggregators near you.

[www.ams.usda.gov/local-food-directories/foodhubs](http://www.ams.usda.gov/local-food-directories/foodhubs) ↗


## → USDA GUIDE TO PROCURING LOCAL FOOD FOR CHILD NUTRITION PROGRAMS

All you need to know about purchasing local foods through USDA programs

[Click here to access the PDF](#) ↗

\*It is recommended for food service directors to buy from producers who are registered with the Indiana State Department of Health Food Protection Program and receive Produce Safety Alliance Good Agricultural Practices Growers Training.

[List of Registered Farmers/Producers](#) ↗



Remember: The goal of the Crunch is to support our local or regional Great Lakes farmers by purchasing the fruits of their labors!

# HOW TO PURCHASE YOUR APPLES

## → VISIT THE FARMERS' MARKET

Here you'll find the most apple varieties, meet your farmers, and hand pick the right-sized apples, while using your nutrition program dollars too.

## → ASK YOUR CURRENT VENDORS

Ask your broadline or produce distributors if they have any local, farm-identified apples available.

## → BUY FROM LOCAL ORCHARDS

Ask for small apples that are harder for farmers to sell, but perfect for kids! Find local farms in the "Find Your Local Apples" section of this guide.

## → FIND A FOOD HUB

Food hubs and regional produce aggregators may have just what you need. Check out the [USDA Local Food Hub Directory](#) ↗

## → STOP AT A FARM STAND

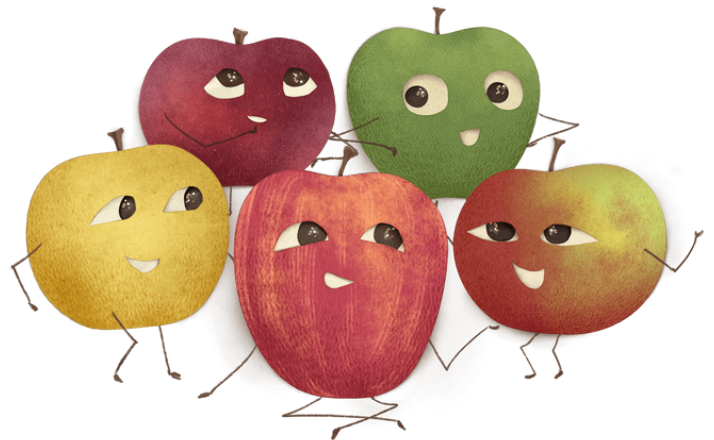
Visit a local farm stand or U-pick and get apples from where they are grown!

## → SHOP LOCAL AT THE GROCERY STORE

Look for apples identified as "local" or "STATE-grown" at your local grocery store or food co-op.

## → ASK FOR HELP

Contact [Indiana Grown for Schools directory](#) ↗ for assistance to locate apples near you!





# ECE RECIPES



## → APPLE SALAD

A tangy take on yogurt parfait, with a million ways to make it local.

[Recipe Here ↗](#)

## → BERRY BONANZA

A unique, no-cook yogurt and oatmeal breakfast featuring seasonal fruits.

[Recipe Here ↗](#)

## → RHUBARB APPLESAUCE

A great recipe for the kitchen, or a classroom activity.

[Recipe Here ↗](#)

## → GOLDEN RAYS

A warm and delicious twist on traditional oatmeal!

[Recipe Here ↗](#)

## → BOOKWORM APPLE BARK

Local apple slices topped with peanut butter, herbs & dried fruit for a perfect snack.

[Recipe Here ↗](#)

## → BAKED BATATAS & APPLES

Slightly sweet, the perfect treat - sweet potatoes and local apples that credit for veggies and fruit!

[Recipe Here ↗](#)

## → APPLE JACKED PANCAKES

Try purchasing locally grown whole grains for this fun breakfast recipe.

[Recipe Here ↗](#)

Find more recipes on the [Indiana Food Day Tool Kit ↗](#)!

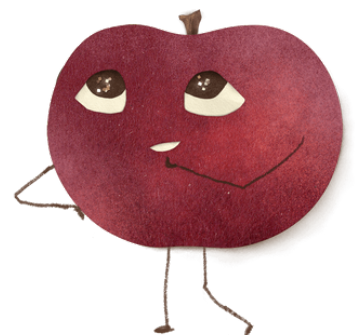


## → CRUNCH TIME TIPS

- To ensure everyone can enjoy the Crunch and that apples don't go to waste, consider cutting apples into halves or slices for younger students.
- Make the Great Lakes Great Apple Crunch into a school-wide celebration by pairing older students and younger students together for crunch time.
- Don't forget to appoint a parent, teacher, student or community member to act as photographer or videographer and capture all the action of the Great Apple Crunch!
- Post to Instagram, Facebook or Twitter using [#INAppleCrunch](#), [#INfoodday](#), and [#F2SMonth](#).

## → KEEP THE CRUNCH GOING ALL DAY!

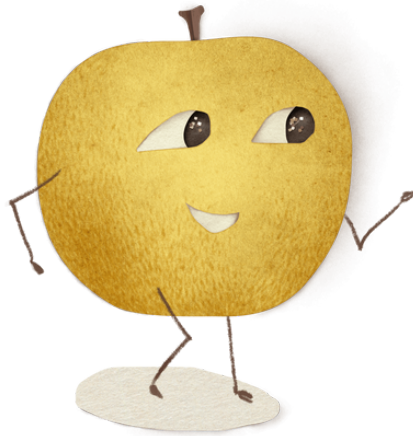
- Check out the K-8 classroom activities created by [Purdue University Cooperative Extension](#) ↗
- Feature a recipe with local apples in school breakfast or lunch throughout October.
- Invite a local farmer to the classroom or cafeteria to participate in the event!
- Arrange a field trip to a local orchard and Crunch under the trees.
- Lead a hands-on cooking class for students featuring a healthy apple recipe.









# CONNECT TO LEARNING

The Great Lakes Great Apple Crunch is easily extended into developmentally appropriate apple-based learning activities for a creative way to enhance children's connections with food and healthy eating!

Here is a [coloring sheet ↗](#) from our friends at Indiana Food Day!



## LESSON PLANS AND FARM TO ECE RESOURCES FOR APPLE CRUNCH

-  [Farm to ECE Interest Areas For Young Children ↗](#)  
Community GroundWorks
-  [The Apple Market: Apple Dramatic Play in Preschool ↗](#)  
Teach Preschool
-  [Apple Taste Tests for Young Children ↗](#)  
Community GroundWorks
-  [The Hayride, A Resource for Educational Field Trips ↗](#)  
Growing Minds
-  [Search Online For Informal Activity Resources ↗](#)  
Eg: Teaching2and3yearolds.com
-  [Search Pinterest for "Early Care Apple Activities" ↗](#)  
Eg: Pinterest Page



# MORE FUN APPLE LEARNING ACTIVITIES

It's simple to include books, songs, cooking activities, dramatic play, drawing, charts & graphs, classroom murals and visits from special guests to celebrate the Apple Crunch. These activities are a great way to include farm to early care and education (ECE) into your classroom on a regular basis. Farm to ECE teaches kids where food comes from and what is grown in your local area, and is a perfect way to meet learning standards.



## READING BOOKS ABOUT APPLES IS A GREAT WAY TO CELEBRATE THE CRUNCH

- Ten Apples Inside by Dr. Seuss
- The Seasons of Arnold's Apple Trees by Gail Gibbons
- Up, Up, Up! It's Apple-Picking Time by Jody Fickes Shapiro
- How Do Apples Grow? by Betsy Maestro
- Just One Apple by Janosch
- Apples, Apples, Apples by Nancy Elizabeth Wallace
- A Tree Is a Plant by Clyde Robert Bulla
- The Apple Pie Tree by Zoe Hall
- Anna Cultiva Manzanas by Monica Wellington
- Apple Farmer Annie by Monica Wellington
- ¡Deliciosas manzanas! by Tina Athaide
- The Apple Tree, A Modern Day Cherokee Story
- Told in English and Cherokee by Sandy Tharp-Lee



## SINGING SONGS ABOUT APPLES ENGAGES CHILDREN IN A FUN WAY

### Three Red Apples

Adapted from a song by Jean Warren

Three red apples high on the tree,  
One fell down next to me.  
I gave it to mother and this is what she said,  
"I love apples, juicy and red".  
Two red apples high on the tree,  
One fell down next to me.  
I gave it to sister and this is what she said,  
"I love apples, juicy and red".  
One red apple high on the tree,  
One fell down next to me.  
I gobbled it up and this is what I said,  
"No more apples, juicy and red!"

### Apples, Apples

Sung to the tune: Twinkle, Twinkle,  
Little Star

Apples juicy, apples round;  
On the tree or on the ground.  
Apples yellow, apples red,  
Apple pie and juice and bread!  
Apples crunchy, apples sweet;  
Apples are so good to eat

# CREATIVE APPLE LEARNING EXAMPLES



Decorate an apple tree with colorful apples painted by children



Trace hands to make apple trees

1				How many seeds? 
Sofia	Sweet	Good	like Candy	
Halle	Good	Sour	Sour	
Kai	Yummy	Sour	Juicy	
Braydan	Good	Nice - I like it	Good	
Andrew	Delicious	It's good	Juicy	
Shaun	Juicy	Juicy	Juicy	
Treylen	Super Good	Juicy	Tastes like green	
Alex	Delicious	Delicious	Juicy	
Gracie	Delicious - I liked the pink	Juicy + Yummy	Tastes like Pineapple	

Do a taste test with different varieties of apples, and children to describe the taste of each. Make a chart to write down apple flavors or vote with stickers.

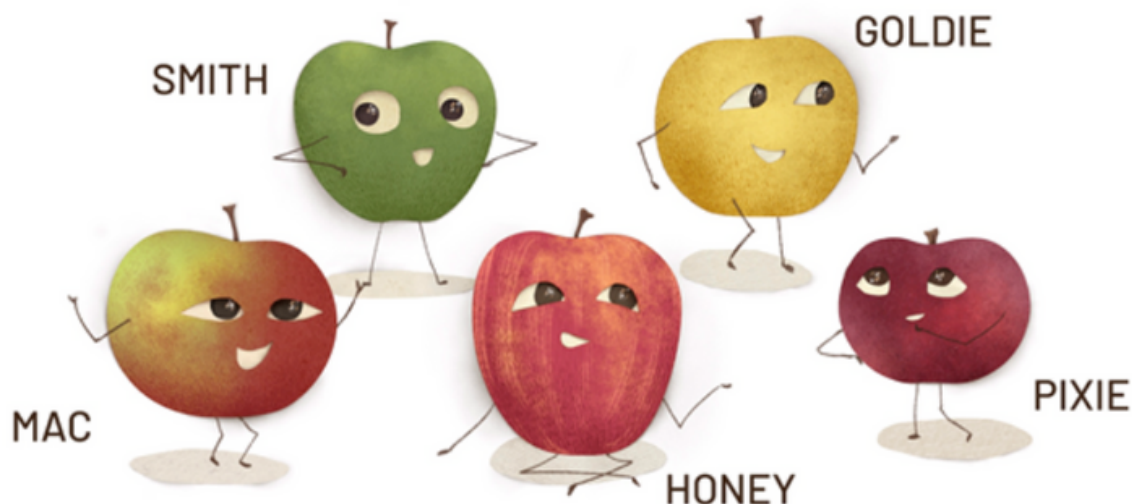


Invite a chef to prepare a healthy apple recipe with children.

# PROMOTE YOUR CRUNCH

Gather a few staff, parents, or community members and create a small team to plan your Crunch activities, find local apples, and promote your event. Make sure you spread the word to children, families, staff, teachers, and the community to maximize the learning opportunities from the Crunch. Here are some general outreach ideas:

- Announce the Crunch in your newsletter, email, or during pick-up and drop-off.
- Invite volunteers or your local [4-H Educators](#) [↗](#) to lead Apple Crunch activities, find local apples, or invite a local farmer to come to visit.
- Ask parents to donate local apples, or funds you can use to purchase apples from the local farmers' market.
- Promote the event through social media using the hashtags [#INfoodday](#), [#INAppleCrunch](#), and [#F2SMonth](#).
- Create flyers to post around the school, cafeteria, and community. Use the Great Apple Crunch logo and members of the Crunch Team to advertise your event. [Indiana Crunch Team Logos](#) [↗](#)
- Mark the Crunch on your meal and snack menu, include the orchard that grew the apples.





# SHARE YOUR STORY

It's not a Crunch heard 'round the region unless you get the word out far and wide!

- Inform local newspapers and television reporters know about your Apple Crunch. Send a press release or invitation to join your event. [Click here ↗](#) for a template press release to customize for your outreach.
- Get out your camera, smartphone, or video device and take a “crunch byte” to share through social media.

- Share your event widely through Facebook and other social media! Post to your page and with the Great Apple Crunch pages too!

Facebook: [www.facebook.com/GreatLakesGreatAppleCrunch](http://www.facebook.com/GreatLakesGreatAppleCrunch) ↗

Instagram: [@GreatAppleCrunch](https://www.instagram.com/GreatAppleCrunch) ↗

Twitter: [@Gr8AppleCrunch](https://twitter.com/Gr8AppleCrunch) ↗

\*Note: Any photos or videos posted to social media may be used in future Apple Crunch promotional materials.

- Use the hashtags **#INfoodday**, **#INAppleCrunch**, and **#F2SMonth**. to share your images on Twitter, Instagram and Facebook.



Important reminder:  
Make sure you have  
appropriate photo release  
forms for youth featured  
in your Great Apple  
Crunch photos.

# GREAT LAKES APPLE CRUNCH LOGO

Don't forget to download your copy of the Great Lakes Great Apple Crunch logo.

You will find various public logo files for your state and all the Indiana Food Day Crunch Crew members at the links below.

[Great Lakes Apple Crunch Logos ↗](#)  
[Indiana Food Day Crunch Crew Logos ↗](#)

## FOR MORE INFORMATION- INDIANA APPLE CRUNCH

Laura Dodds

National Farm to School Network- Indiana Supporting Partner

Purdue Extension Farm to School Coordinator

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For more information on the Great Lakes Great Apple Crunch:

[www.cias.wisc.edu/applecrunch](http://www.cias.wisc.edu/applecrunch) ↗

## FOR MORE INFORMATION- INDIANA FOOD DAY

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[mschabel@doe.in.gov](mailto:mschabel@doe.in.gov)

Discover Farm to School Month:

[www.farmtoschool.org/our-work/farm-to-school-month](http://www.farmtoschool.org/our-work/farm-to-school-month) ↗

Learn more about the Indiana Grown for Schools Network

[www.facebook.com/IndianaGrownforSchoolsNetwork/](https://www.facebook.com/IndianaGrownforSchoolsNetwork/) ↗

