

G R E A T L A K E S



INDIANA 2022 CRUNCH GUIDE

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

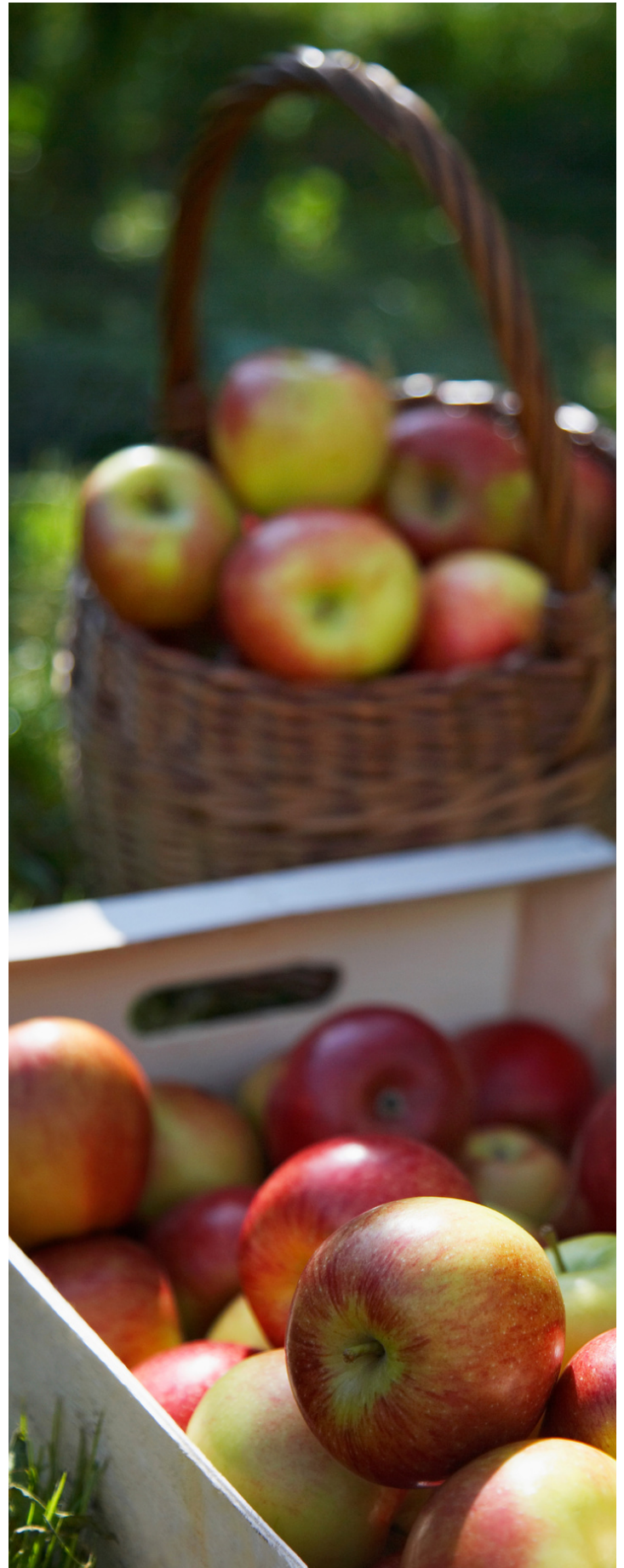
Plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate!

→ 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 ↗

→ INDIANA ORCHARDS DIRECTORY, ORANGE PIPPIN

Use this guide to search for orchards near you in Indiana

www.orangeppin.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 ↗

→ 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 ↗


→ 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!

RECIPES FOR K-12 AND MORE



→ APPLE MUFFIN SQUARES

An easy-to-make breakfast or lunch item featuring local apples! Try different apples varieties for flavor.

[Recipe Here](#) ↗

→ APPLE CRANBERRY COLE SLAW

This is a superb autumn school food service recipe to feature local apples, cabbage, and honey!

[Recipe Here](#) ↗

→ CRAN-APPLE CORNBREAD MUFFINS

Sweet and tart, with cheddar cheese, these muffins are sure to please!

[Recipe Here](#) ↗

→ FRESH APPLE CRISP

A quick, hot, and easy breakfast or lunch to feature local apples!

[Recipe Here](#) ↗

→ CRUNCHY APPLE SALAD

Crunchy, sweet and tart, this salad will brighten any menu or salad bar!

[Recipe Here](#) ↗

→ CUCUMBER & APPLE SALAD

A light and tangy salad with cucumbers, bell peppers, fresh herbs, and local apples!

[Recipe Here](#) ↗

→ CHICKEN SALAD WITH APPLES, CRANBERRIES & WALNUTS

A quick cold chicken salad featuring USDA chicken, local apples, and regional cranberries!

[Recipe Here](#) ↗

→ FRESH KALE, APPLE & CRANBERRY FALL SALAD

A no cook recipe featuring leafy greens, regional cranberries, and delicious local apples!

[Recipe Here](#) ↗

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

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 TIPS

- A conference, staff meeting, or all-business event is perfect for a Crunch because everyone is already in the same place.
- Don't forget to appoint a photographer or videographer to capture all the action of the Great Apple Crunch!
- The Crunch makes a great fundraiser! Provide locally-sourced apples, and ask participants to make a donation for their apple.
- Post to Instagram, Facebook, or Twitter using #INAppleCrunch, #INfoodday, and #F2SMonth.



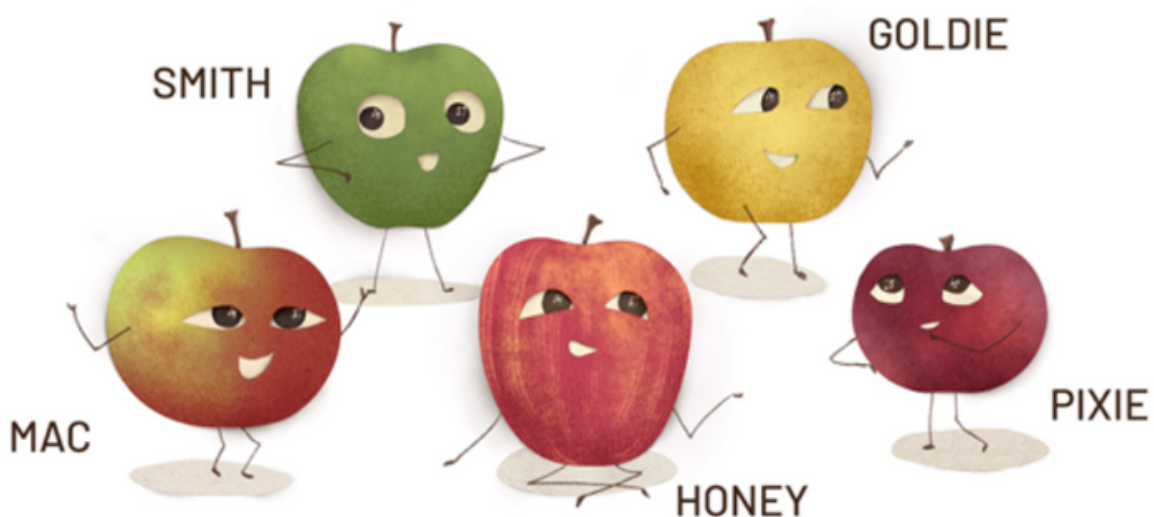
→ KEEP THE CRUNCH GOING ALL DAY!

- Taste test multiple apple varieties and vote on your favorite.
- Feature a local apple recipe in your cafeteria or catering on Crunch day.
- Invite a local farmer to join your Crunch.
- Arrange an event to a local orchard. Pick your own apples and Crunch under an apple tree.
- Lead a hands-on cooking class for staff featuring a fresh, healthy apple recipe.
- Ask all staff to dress in the color of their favorite apple!
- Bring fresh-pressed apple cider, or warm mulled cider in a crock pot.

PROMOTE YOUR CRUNCH

Once your planning team has established your Great Apple Crunch activities, share the word with your entire community, office, agency, and partners to build the excitement and increase participation. Here are some general outreach ideas:

- Announce the event in your staff, office, or community newsletter or e-newsletter. Use this as an opportunity to invite volunteers to lead Apple Crunch activities, find local apples, or invite a local farmer to come visit.
- Promote the event through social media using the hashtags [#INfoodday](#), [#INAppleCrunch](#), and [#F2SMonth](#).
- Arrange a special Apple Crunch planning meeting that's open to the public—be sure to find a time where many community members can join.
- 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](#) ↗
- Talk to the chef or cafeteria staff about including a local apple dish on the Crunch Day menu, or purchasing local apples for your Crunch. Put the Crunch on the office menu, and highlight your local farmer.



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 ↗

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

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For more information on the Great Lakes Great Apple Crunch:

www.cias.wisc.edu/applecrunch ↗

FOR MORE INFORMATION- INDIANA FOOD DAY

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Discover Farm to School Month:

www.farmentoschool.org/our-work/farm-to-school-month ↗

Learn more about the Indiana Grown for Schools Network

www.facebook.com/IndianaGrownforSchoolsNetwork/ ↗

