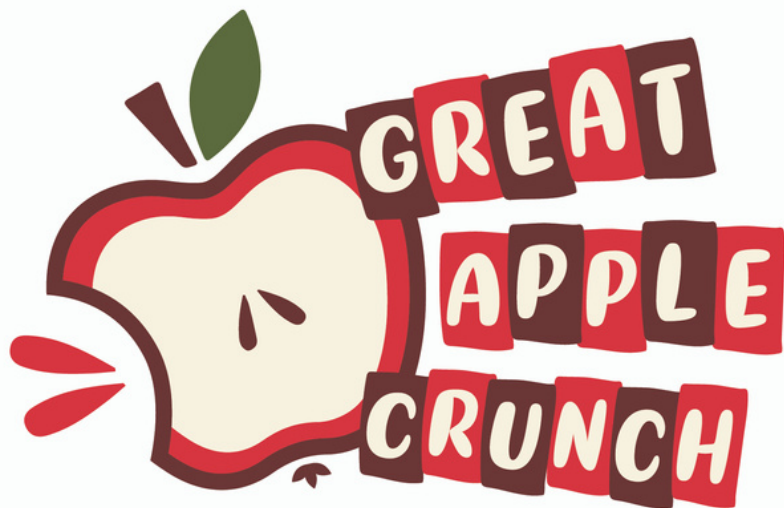


G R E A T L A K E S



INDIANA 2022 CRUNCH GUIDE K-12 SCHOOLS

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 ↗

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

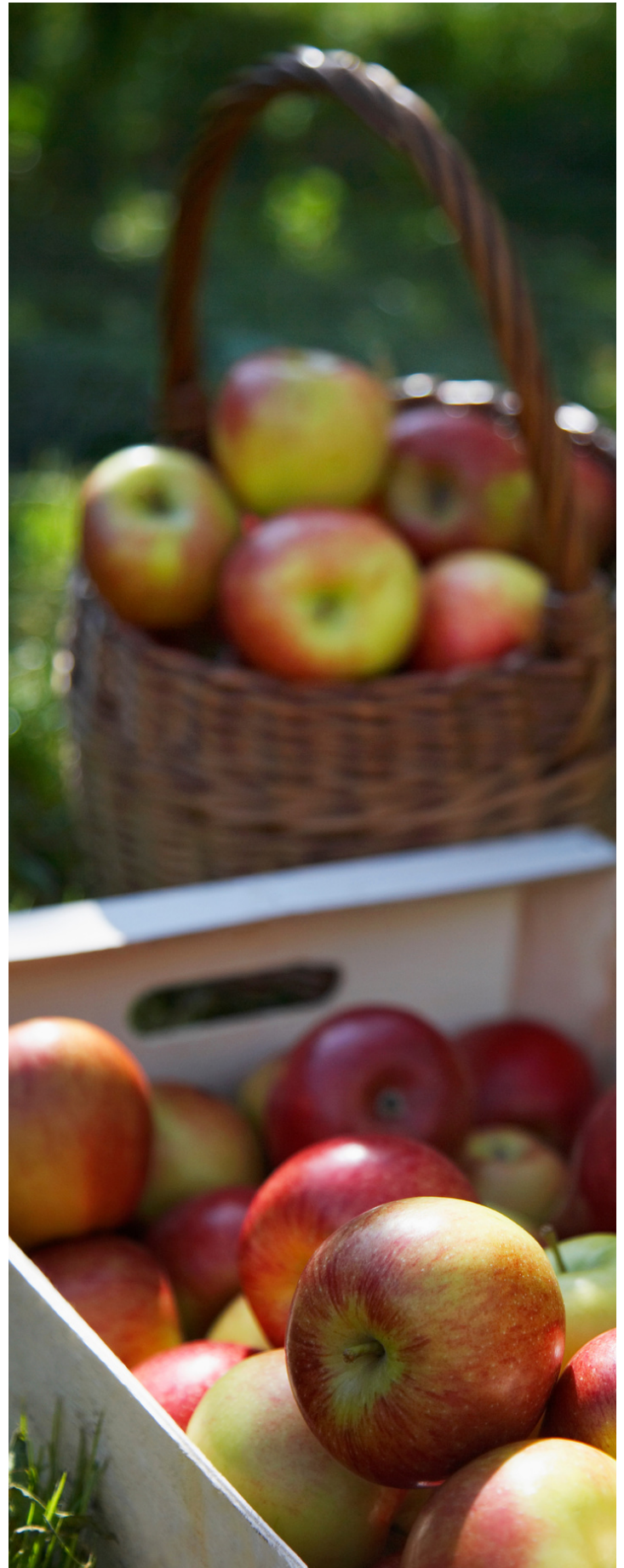
Plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate!

→ 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!

HOW TO PURCHASE YOUR APPLES

→ SOURCE APPLES THROUGH THE DOD FRUIT AND VEGETABLE PROGRAM

Look for “local” tagged selections.

→ ASK YOUR CURRENT VENDORS

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

→ BUY APPLES DIRECT FROM A LOCAL ORCHARD

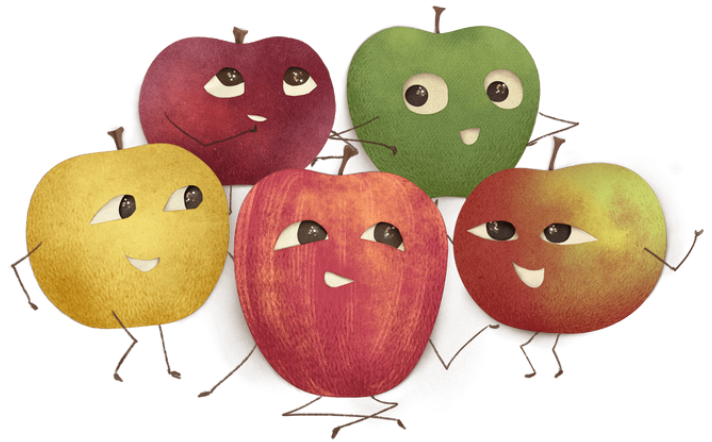
Ask the farm for smaller sized apples that can be harder to sell at retail, but are perfect for kids. See "Find Your Local Apples" to connect with local farmers.

→ USE A FOOD HUB OR REGIONAL PRODUCE AGGREGATOR

Check out the [USDA Local Food Hub Directory](#) ↗ to find a food hub or regional food aggregator near you!

→ ASK FOR HELP

Visit the [Indiana Grown for Schools website](#) ↗ to help locate the apple producers nearest to you!



HOW TO PURCHASE & SERVE LOCAL APPLES

There are a variety of ways to purchase apples to celebrate the Crunch throughout the day. You can always purchase and serve Indiana-grown apples as part of your school meal or snack programs. Here are some other ways to purchase your apples for the Crunch.

→ USE DoD FRESH

Purchase local apples for reimbursable meals through the [USDA DoD Fresh Fruit and Vegetable Program](#) ↗. Look for items tagged 'local' in FFAVORS.

→ BUY DIRECT FROM LOCAL ORCHARDS

Connect directly with apple growers! Ask about purchasing small apples, perfectly sized for younger students. Use the "Find Your Local Apples" section for orchards near you.

→ ACCESS FFVP SNACK PROGRAM FUNDS

Fresh Fruit and Vegetable Program (FFVP) participants can use grant funds to purchase Crunch day snacks! Apples purchased with FFVP funds must be offered during regular FFVP snack times. The official "Crunch" is at noon, but you can Crunch anytime in October.

→ ASK YOUR CURRENT VENDORS

Ask your school's existing broadline or produce distributor to source farm-identified apples grown in Indiana.

→ MAKE IT A MICRO-PURCHASE!

The [micro-purchase procurement method](#) ↗ is perfect for Crunch purchases below \$10,000.

→ BUY APPLES FROM A FOOD HUB OR PRODUCE AGGREGATOR

Check out the [USDA Local Food Hub Directory](#) ↗.

→ SERVE IT IN THE LUNCH LINE OR SALAD BAR

Include apples in the school lunch line or salad bar on October 8th. School food service staff can always offer a local apple for the Crunch as part of the reimbursable meal.

→ SOLICIT DONATIONS

Encourage community partners, PTA, & others to donate funds to purchase your Crunch apples. Reach out to a grocery store that sources local apples. They may be willing to provide you with local apples at a discount.

→ OFFER CLASSROOM TASTE TESTS & OTHER CLEVER CRUNCHES

You can purchase local apples to Crunch outside a reimbursable meal! Just use school food service funds (Fund 50 in public schools), and promote the apples as "purchased by school food service like this: 'Apples for this Crunch provided by BLANK food service department'.

→ ASK FOR ASSISTANCE

Ask [Indiana Grown for Schools directory](#) ↗ for assistance purchasing apples near you.

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](#) ↗!

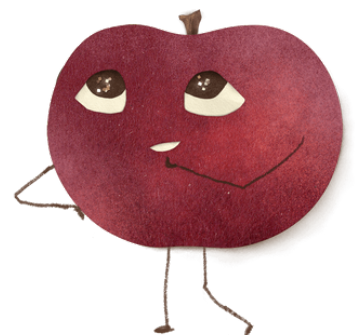


→ CRUNCH TIME TIPS

- 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.





The team at Purdue University Cooperative Extension Services and College of Agriculture has put together K-8 classroom apple activities that meet Indiana Science and Health & Wellness state standards.

**Great Apple
CRUNCH**

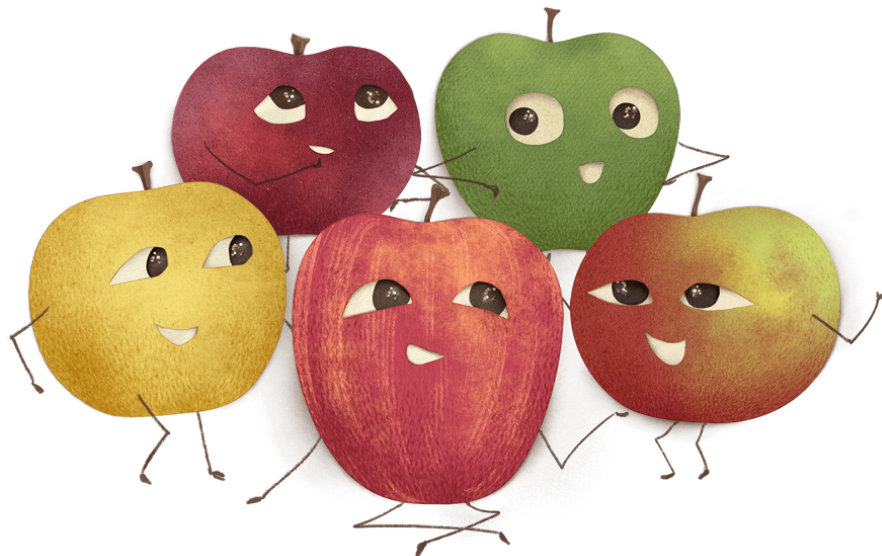
[K-2 Activity Guide ↗](#)

**Great Apple
CRUNCH**

[3-5 Activity Guide ↗](#)

**Great Apple
CRUNCH**

[6-8 Activity Guide ↗](#)



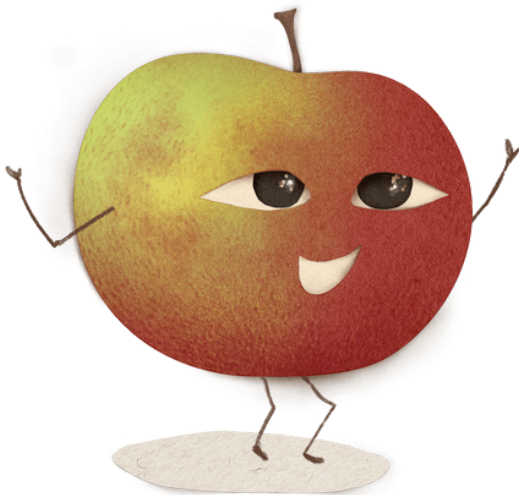
ADDITIONAL LEARNING

→ MIDDLE SCHOOL & HIGH SCHOOL

- [Apple Cider Lesson ↗](#)
The Edible Schoolyard Project
- [Food Miles Lesson ↗](#)
Sustainable Schools Project
- [F2S Youth Leadership Curriculum ↗](#)
Institute for Ag and Trade Policy
- [National Ag Literacy Curriculum ↗](#)
National Ag in the Classroom
- [Nourish Curriculum Guide ↗](#)
Center for Ecoliteracy
- [#AgCensus and MyPlate Maps ↗](#)
United States Department of Agriculture

→ PRE-K AND ELEMENTARY LESSONS

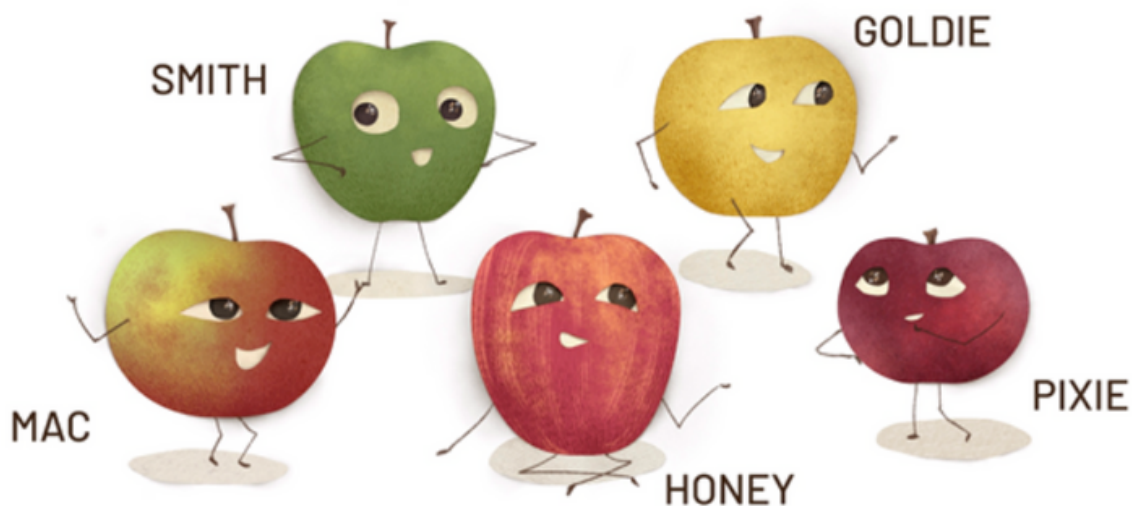
- [Food Waste Lesson Plans ↗](#)
Purdue University Extension
- [Apple Taste Test For Young Children ↗](#)
Community GroundWorks
- [Educational Resources for Teachers ↗](#)
Ohio Apples
- [An Apple A Day Lesson Plans ↗](#)
Illinois Ag in the Classroom
- [Apples, A Class Act ↗](#)
US Apple Association
- [Harvest of the Month, Apples ↗](#)
Groundwork Center
- [Michigan Apples Educational Kit ↗](#)
Michigan Apple Committee



PROMOTE YOUR CRUNCH

Once your planning team has established your Great Apple Crunch & Indiana Food Day activities, spread the word to the school community to let everyone know about the Crunch and build excitement. Here are some general promotion and outreach ideas:

- Announce the event in your school's newsletter or email system.
- 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.
- Promote the event through social media using the hashtags [#INfoodday](#), [#INAppleCrunch](#), and [#F2SMonth](#).
- On Facebook, repost the "We Registered" badge and share the Crunch Countdown posts.
- Encourage students to wear apple colors on Crunch day - like red, green, and yellow. Have different grades or classrooms choose different apple colors to wear.
- 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](#) ↗
- Do a "Crunch Countdown" over morning announcements for ten days before the Crunch



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

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 ↗

FOR MORE INFORMATION- INDIANA FOOD DAY

Maggie Schabel

Child Nutrition Specialist

Indiana Department of Education

mschabel@doe.in.gov

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/ ↗

