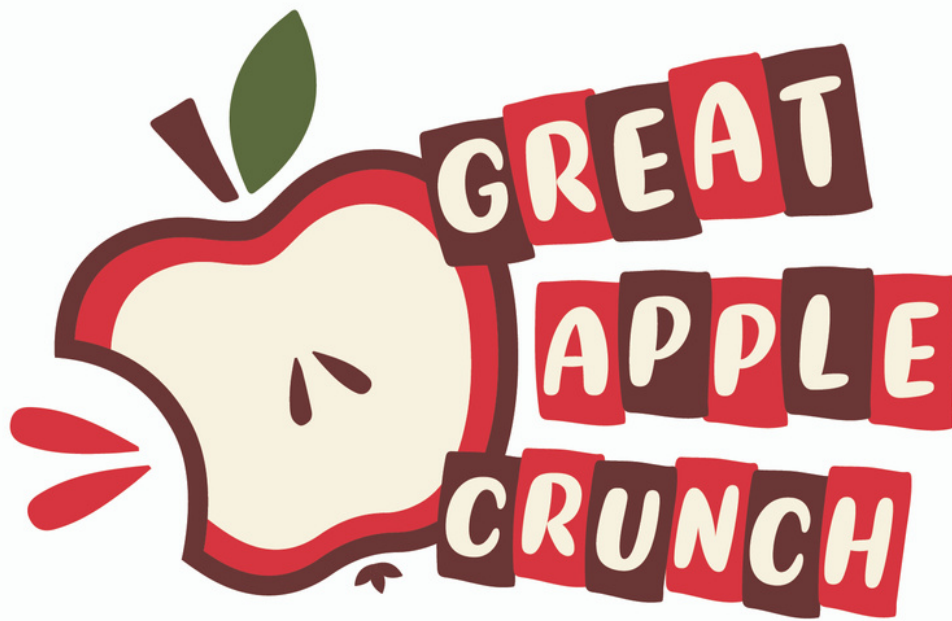




IOWA 2022 CRUNCH GUIDE for EARLY CARE AND EDUCATION

JOIN US AT NOON ON THURSDAY, OCTOBER 13

The Great Apple Crunch is brought to you by the Iowa Farm to School and Early Care Network and the following partners



CENTER for INTEGRATED
AGRICULTURAL SYSTEMS



IOWA STATE
UNIVERSITY
Extension and Outreach

WHAT IS THE GREAT APPLE CRUNCH?

The Great Apple Crunch encourages healthy eating and supports farm to early care and education and other local food purchasing initiatives throughout the region. It's also a fun way to connect food and agriculture to classroom curricula – from sensory input to art and more!

Join the states of Iowa, Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio in celebrating [National Farm to School Month](#) ↗ by crunching into locally and regionally 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 event anytime during October's National Farm to School Month.

Learn more about [Iowa Farm to Early Care and Education \(ECE\)](#) with these great fact sheets, tools & resources from the [Iowa Farm to School and Early Care Coalition](#) ↗

For more information about the Great Apple Crunch visit the Apple Crunch website at cias.wisc.edu/our-events/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 cias.wisc.edu/our-events/applecrunch ↗

→ ASSEMBLE AN APPLE CRUNCH PLANNING TEAM

Invite teachers, food service staff, cooks, administrators, parents, and students to participate in the event planning process.

→ FIND YOUR APPLES

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

→ CHOOSE YOUR CRUNCH DAY ACTIVITIES

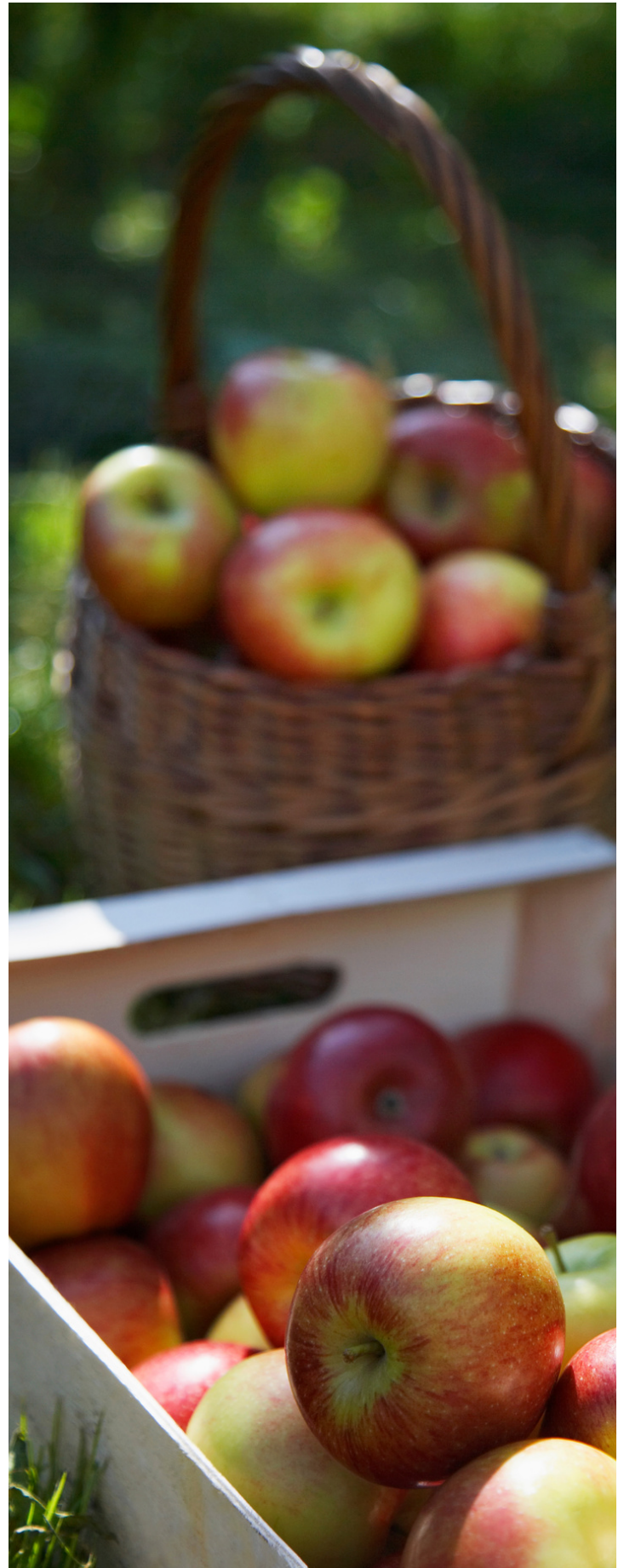
In addition to your Great Apple Crunch at noon, plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate Crunch Day!

→ 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

Sources marked with the apple icon are great for ECE sites and others purchasing small volumes.



→ IOWA FARM TO SCHOOL PRODUCER DIRECTORY

Scan the grower list to find local orchard partners near you.

<https://data.iowaagriculture.gov/fts/> ↗



IOWA FARMERS MARKETS

Use this great online tool to find farmers' markets near you.

<https://iowaagriculture.gov/horticulture-and-farmers-markets> ↗

→ IOWA FOOD HUB DIRECTORY

Explore a map and directory of farmers selling to schools and engaging with kids.

<https://www.extension.iastate.edu/ffed/iowa-food-hub-directory/> ↗



IOWA CSA DIRECTORY

Find Community Supported Agriculture farms near you.

<https://www.extension.iastate.edu/ffed/iowa-csa-directory/> ↗

→ VISIT IOWA FARMS.ORG

Find a list of Iowa apple orchards.

<https://www.visitiowafarms.org/directory/279> ↗

→ USDA ON-FARM MARKET DIRECTORY

All you need to know about purchasing local foods from on-farm sources.

www.ams.usda.gov/local-food-directories/onfarm ↗

Remember: The goal of the Crunch is to support our local farmers by purchasing the fruits of their labors! Always inquire about buying apples, but be open to donations if they are offered.



HOW TO PURCHASE YOUR APPLES

- ➔ **VISIT THE FARMERS' MARKET**
Find the most apple varieties, meet your farmers, and hand pick the right-sized apples, while using your nutrition program dollars too.
- ➔ **BUY FROM LOCAL ORCHARDS**
Ask for small apples that are harder for farmers to sell, but perfect for kids!
- ➔ **SHOP LOCAL AT A GROCERY STORE**
Look for apples identified as "local" or "Iowa-grown" at your local grocery store or food co-op.
- ➔ **STOP AT A FARM STAND**
Visit a local farm stand or U-pick and get apples from where they are grown!
- ➔ **ASK YOUR CURRENT VENDORS**
Ask your broadline or produce distributors if they have any local, farm-identified apples available.
- ➔ **FIND A FOOD HUB**
Food hubs and regional produce aggregators may have just what you need. Check out the [Iowa Food Hub Directory](#) ➔
- ➔ **CHECK OUT THIS GREAT RESOURCE**
Read the new resource [How to Buy, Prepare, and Serve Local Foods](#) ➔ for great tips to help you buy apples for the Crunch.
- ➔ **SEEK DONATIONS**
Encourage community partners and others to donate funds or purchase apples for you. Grocery stores may be willing to provide you with local apples at a discount.



ECE RECIPES



→ APPLE SALAD

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

[Recipe Here](#) ↗

→ BOOKWORM APPLE BARK

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

[Recipe Here](#) ↗

→ RHUBARB APPLESAUCE

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

[Recipe Here](#) ↗

→ BAKED BATATAS & APPLES

The perfect treat - sweet potatoes and apples that credit for veggies and fruit!

[Recipe Here](#) ↗

→ GOLDEN RAYS

A warm and delicious twist on traditional oatmeal!

[Recipe Here](#) ↗

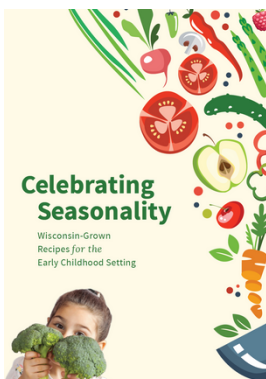
→ APPLE JACKED PANCAKES

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

[Recipe Here](#) ↗

CELEBRATING SEASONALITY

Use the new Wisconsin Farm to ECE recipe guide to find your perfect meal!



Visit www.RootedWI.org/Recipes ↗

→ BERRY BONANZA

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

[Recipe Here](#) ↗



→ CRUNCH TIME TIPS

- Consider cutting apples into halves or slices for younger students so everyone can enjoy the Crunch and apples don't go to waste.
- Make the 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 photos to Instagram, Facebook or Twitter using [#GreatAppleCrunch](#) [#IowaAppleCrunch](#) [#IAF2S](#) & [#F2SMonth](#)

→ KEEP THE CRUNCH GOING ALL DAY!

- Taste test multiple apple varieties and vote on your favorite.
- Feature a recipe with local apples in school breakfast or lunch throughout October.
- Invite a local farmer to the classroom or cafeteria to read a story book or join your Crunch!
- 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.
- Take a look at the apple-based learning ideas on the next two pages to connect your Crunch to the classroom.

CONNECT TO LEARNING

The 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! Check out the resources below for apple-themed learning activities.

→ LESSON PLANS AND FARM TO ECE RESOURCES FOR APPLE CRUNCH



[Iowa Farm to Preschool Teacher Boxes ↗](#)

Iowa State University Extension and Outreach



[The Apple Market: Apple Dramatic Play in Preschool ↗](#)

Teach Preschool



[Apple Taste Tests for Young Children ↗](#)

Rooted



[The Hayride, A Resource for Educational Field Trips ↗](#)

Growing Minds



[Search Online For Informal Activity Resources ↗](#)

Eg: Teaching2and3yearolds.com



[Wisconsin Farm to ECE Interest Areas For Young Children ↗](#)

Rooted



Apples are a great learning opportunity!



[Farm to Preschool Taste Test Guide ↗](#)

Quality Care for Children



[An Apple A Day Lesson Plans ↗](#)

IL Ag in the Classroom



[Michigan Apples Educational Kit ↗](#)

Michigan Apple Committee



[Apple Science Experiments ↗](#)

Little Bins for Little Hands

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, 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 ask 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 share the word with 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. Use this opportunity to find volunteers to help with classroom or kitchen Apple Crunch activities.
- Promote the event through social media using the hashtags [#GreatAppleCrunch](#), [#IowaAppleCrunch](#), [#F2SMonth](#), and [#IAFarmToECE](#). On Facebook, repost the "We Registered" badge, and share the Crunch Countdown posts.
- Ask parents to donate local apples, or funds you can use to purchase apples from the local farmers' market.
- Arrange a special Apple Crunch education session that's open to everyone. Offer apples, share apple nutrition information, and hand out recipes to use at home. Be sure to find a time where most parents and caretakers can join.
- Create Crunch flyers or posters to decorate your classroom, hang in your center, or send home. Use the Crunch logo, or ask children to draw apple designs for your event!
- Mark the Crunch on your meal and snack menu, include the orchard that grew the apples.
- Make a Crunch Countdown calendar for the classroom and practice counting each day!



Get everyone, fruits and vegetables included, in all your Crunch photos!

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 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. Use the celebration as a way to share more about your farm to school activities, local food purchasing, and **National Farm to School Month**.
- Get out your camera, smartphone, or video devices 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/IowaFarmtoSchoolEarlyCare ↗

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 promo material.

- Use the hashtags **#GreatAppleCrunch** **#F2SMonth** **#IowaAppleCrunch** and **#IAF2S** 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 Apple Crunch logo. Use the logo to promote the Great Apple Crunch around your community, on your website, and on social media.

You will find various public logo files for your state in the link below. Customize promotional items like posters, blog posts, and social media content.

Click this link to access the logo files:

<https://bit.ly/IowaAppleCrunch> ↗

Join us at noon on
Thursday, October 13, 2022

G R E A T L A K E S



Register at cias.wisc.edu/our-events/applecrunch/



CENTER for INTEGRATED
AGRICULTURAL SYSTEMS



NATIONAL
FARM to SCHOOL
NETWORK



FOR MORE INFORMATION

Register here:

cias.wisc.edu/our-events/applecrunch/ ↗

Discover Farm to School Month:

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

Learn more about Iowa Farm to School and Early Care Network:

www.iowafarmtoschoolearlycare.org/ ↗