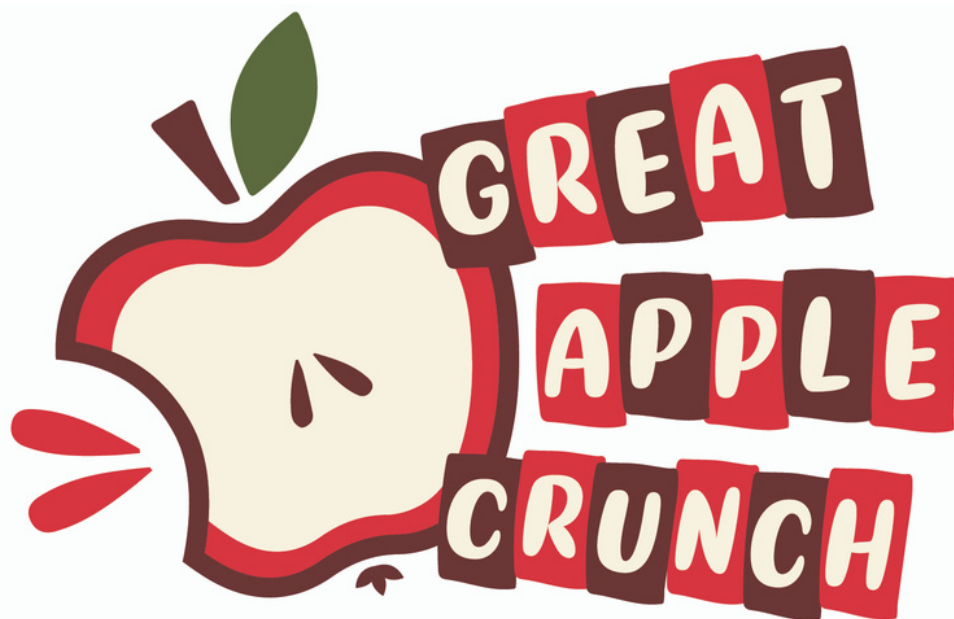




IOWA 2022 CRUNCH GUIDE

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 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 art and more!

Join the Midwest 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 13 or exactly at noon, we still encourage you to plan an Apple Crunch event anytime during October's National Farm to School Month.

Participants of all ages are invited to crunch!

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

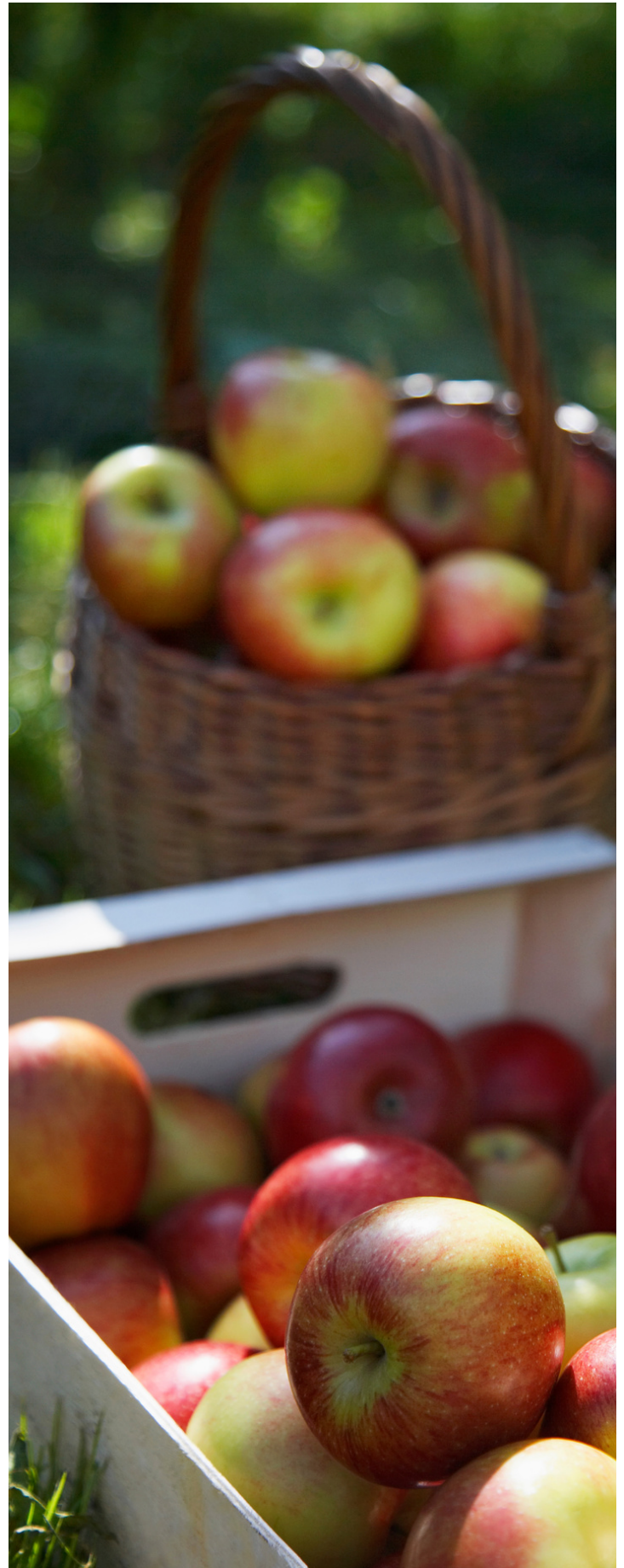
In addition to your Great Apple Crunch at noon, plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate Crunch Day!

→ 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.



RECIPES FOR K-12 SCHOOLS 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 ↗](#)

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](#) ↗

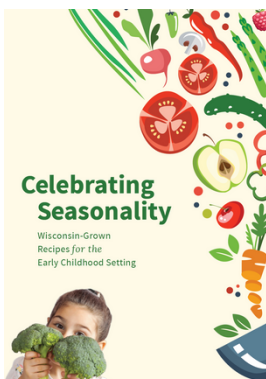
→ APPLE JACKED PANCAKES

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 TIPS

- A conference, staff meeting, or all-business event is perfect for a Crunch because everyone is already in the same place.
- Make the Great Apple Crunch into a celebration to raise awareness! Invite your organization's leaders to your Crunch.
- 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 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 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 [#GreatAppleCrunch](#), [#IowaAppleCrunch](#) and [#F2SMonth](#). On Facebook, repost the "We Registered" badge, and share the Crunch Countdown posts.
- 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 or posters to hang around your office, business campus, or eating space. Use the Great Apple Crunch logo to advertise, or create your own design.
- 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 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 ↗](https://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
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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/ ↗