



## Celebration Guide

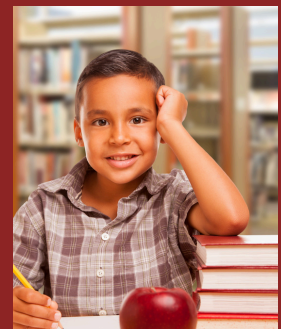
October 17, 2024

### What is the RI Apple Crunch?

RI is joining states across the country in celebration of **National Farm to School Month** by organizing a **RI Apple Crunch**! We're building on the crunch fun in schools from previous years and encouraging ALL RI schools to synchronize their watches and bite into a locally grown apple on **Thursday, October 17, 2024** at lunchtime or another time of your choice. It's that simple and oh so sweet!

Of course, if you can't participate on October 17th, you can still plan a Crunch event any time during October **National Farm to School Month**.

The RI Apple Crunch encourages healthy eating and raises awareness of Farm to School activities happening across RI, including the purchasing and serving of local foods in school meals, growing and gardening activities, and food and agriculture connections in classroom curricula – from science to art!





## Getting Started

- 1 Assemble a planning team:** recruit planning help! Think of teachers, food service professionals, administrators, parents, and students who are excited about local food and can add creativity and organization to the planning process. Look to your district wellness committee to support your event as they oversee health and wellness initiatives for the district.
- 2 Source Local Apples:** luckily, RI has many apple orchards to supply your schools with different varieties of apples. Your school food provider can identify the availability of apples and order from a farm or produce distributor. Reach out to them or [Farm Fresh RI](#) for assistance with sourcing local apples.
- 3 Plan Your Crunch Fun:** you can plan a noontime Crunch event, which will sync up with Crunches across the state, at lunch in the cafeteria, as a large-group assembly in the auditorium, or in individual classrooms. But don't miss out if noontime doesn't work for all students - you can synchronize your own school Crunch event at any time before, during or after the school day.

You can also use the Apple Crunch for creative ways to meet learning requirements for language, math, science and even art! See **Cafeteria Crunch & Classroom Connection Ideas** on page 3.

- 4 Amplify & Promote Your Crunch** – as soon as you make your plan, be sure to spread the word about your Crunch activities to build excitement, attract volunteers, and raise awareness. See **Outreach & Promotion Ideas** on page 3.



# Celebration Guide

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## Cafeteria Crunch Ideas

Have students help decorate the cafe. [RI Farm to School branded items](#) can help promote your event

[Contact Farm Fresh RI](#) for apple farmer promotional materials once you know where you will source from

Have a speaker enthusiastically countdown to 12 noon

Incorporate local apples into the lunch entrees and sides as well as fresh offerings on the fresh fruit & veggie bar

Set up a taste-test table; sample different apple varieties with voting on the favorite

Consider slicing apples for younger students to reduce waste

Set up an apple-themed selfie photo station

## Classroom Connection Ideas

Read apple themed books - [see suggested reading list](#)

Host a simple cooking demo with apple recipes - [Apple Smiles](#) anyone?! [All SNAP-Ed Apple Recipes](#)

Ask students to write stories and reflect on the value of local foods

Incorporate apple-themed lessons

- [Life Cycle of an Apple](#)
- [Tale of Two Applesauces: Local vs Industrial](#)
- [Steere Orchard Virtual Field Trip](#)
- [Autumn Classroom Activities \(Science, Math, ELA, Social Studies, Health & Art\)](#)



## Outreach & Promotion Ideas

Announce the RI Apple Crunch through school/district email, or classroom-to-home communication platforms - [see sample](#)

Send home a RI Apple Crunch family flyer - [see digital & print flyer](#)

Make a morning announcement over the school's PA system or even have a "Crunch Countdown" leading up to your chosen Apple Crunch time - [see sample](#)

Post signs in the school foyer, office, and cafeteria - see [customizable sample](#)

Share RI Farm to School Network's Infographic - see versions in [English](#) and [Spanish](#)

Use social media with #RIAppleCrunch

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.



## PLEASE TAKE PHOTOS AND VIDEOS!

We want to see your crunch fun! Post photos and videos on social media using **#RIAppleCrunch** or email to [hello@rifarmtoschool.org](mailto:hello@rifarmtoschool.org) by October 31.

Start planning your RI Apple Crunch event today! Need help? Have questions?

Contact [hello@rifarmtoschool.org](mailto:hello@rifarmtoschool.org)