

The Great Golden Apple Crunch Guide

Celebrate the 2019

**Golden Apple
Crunch!**

10-10-2019

**Check out the Golden
Apple Crunch Toolkit**



**For K-12
Schools,
Early Care
and Boarding
Sites!**



Don't forget to register!

<http://bit.ly/2m4bl6OILapplecrunch>



Seven
Generations
Ahead

**ILLINOIS
FARM to SCHOOL
NETWORK**



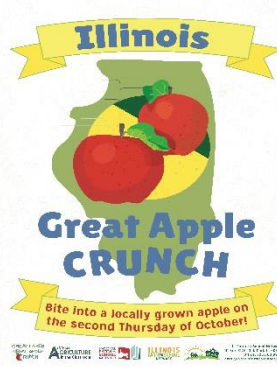
**NATIONAL
FARM to
SCHOOL
MONTH**



2019 Golden Crunch Guide Index

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Note: Please do not use the photos in this guide for other promotional materials.

Welcome to the Golden Great Apple Crunch

We are so happy you are Crunching with us this year!

You are joining participants across Illinois, Indiana, Michigan, Minnesota, Ohio, and Wisconsin in celebrating National Farm to School Month by crunching into locally and regionally grown apples on Thursday, Oct 10, 2019. Everyone is invited to Crunch, including schools, early care sites, hospitals, colleges, community organizations, businesses, and more. Let's make Illinois the loudest Crunch in the region!

Last year 583,925 kids and adults participated. Don't forget to register your site so you can be counted toward our goal of 700,000 participants across the state.

CELEBRATING GOLDEN APPLES

Did you know that Illinois recognizes excellent teachers and school leaders for their contributions to building a stronger, better-educated society through the **Golden Apple Awards** for Excellence in Teaching & Leadership.

The **Illinois Great Apple Crunch** would like to say thank you and pay tribute to all the school leaders out there making a difference by declaring 2019 the year of the **Great Golden Apple Crunch**. How can you join us in saying thank you?

- Join us on October 10 by having everyone in your school crunching a regional golden apple.
- Learn more about **The Golden Apple Awards** and the ten high school teachers and two Pre-K-12th grade school leaders from throughout all Illinois who were honored at the Golden Apple Awards for Excellence in Teaching & Leadership on May 18, 2019.
- Nominate someone from your school for the 2020 Golden Apple Awards!
- Connect your site to a Golden Apple teacher!

Golden Varieties

- **Golden Delicious:** Apples have a special place in American history, but by the mid-1900's, the apple market was dominated by only two varieties: Golden Delicious and Red Delicious. Golden Delicious remained one of the top selling varieties for over twenty years! The sweet-tartness of the Golden Delicious means this apple is a good fresh eating variety. Fresh, raw apple slices may be added to green salads, fruit salads, or grain salads. The Golden Delicious pairs well with savory items, such as onions, cabbages, pork, cheeses and strong herbs.
- **Opal:** This crisp and juicy apple is in season from November until March! Uses: Snacking, Salads, Baking, Beverages, Pies, Sauce, and Freezing.
- **Ginger Gold:** Ginger Gold apples keep their shape when cooked, so they are great for tarts or pie apples. These pale apples are a great fresh out-of-hand snack and can also be a good variety for drying. Add Ginger Gold apples to a Waldorf salad for some added crunch.
- **Jonagold:** It's a large-sized apple with a honey-like flavor and just enough tangy aftertaste. Jonagold apples are great for any occasion. They are perfect for snacking, cooking, and with a thin skin, a great one for baking.



Golden Opportunities for Education

Books:

The Golden Apples of the Sun is an anthology of 22 short stories by American writer Ray Bradbury. It was published by Doubleday & Company in 1953. The book's title is also the title of the final story in the collection. The words "the golden apples of the sun" are from the last line of the final stanza of W. B. Yeats' poem "The Song of Wandering Aengus " (1899)

Greek Mythology:

The Garden of the Hesperides was Hera's orchard, where either a single tree or a grove of immortality-giving golden apples grew. The apples were planted from the fruited branches that Gaia gave to Hera as a wedding gift when Hera accepted Zeus. The Hesperides were given the task of tending to the grove, but occasionally plucked from it themselves. Not trusting them, Hera also placed in the garden a never-sleeping, hundred-headed dragon named Ladon as an additional safeguard.

However, in the mythology surrounding "the Judgement of Paris", the goddess of Discord Eris managed to enter the garden and pluck a golden apple.

Eris had become disgruntled after she was excluded from the wedding of Peleus and Tetis (Achilles' parents). Angered by this snub, Eris arrived at the celebration with a golden apple, which she threw into the proceedings, upon which was the inscription Kallisti ('For the most beautiful one' or 'For the Fairest').

Three goddesses claimed the apple: Hera, Athena and Aphrodite. Prince Paris of Troy as appointed to select the recipient.

While Paris inspected them, each attempted with her powers to bribe him; Hera offered to make him king of Europe and Asia, Athena offered wisdom and skill in war, and Aphrodite, offered the world's most beautiful woman.

This was Helen of Sparta, wife of the Greek king Menelaus. Paris accepted Aphrodite's gift and awarded the apple to her.

Later on, he abducted her, and all of Greece declared war against Troy, causing the Trojan War and the eventual destruction of Troy.

Art

“The Golden Apple of Discord”, labelled Kallisti (“For the Most Beautiful One”)

https://en.wikipedia.org/wiki/Apple_of_Discord



An apple of discord is a reference to the **Golden Apple of Discord** (Greek: μήλον τῆς Ἐριδος) which, according to Greek mythology, the goddess Eris (Gr. Ἔρις, "Strife") tossed in the midst of the feast of the gods at the wedding of Peleus and Thetis as a prize of beauty, thus sparking a vanity-fueled dispute among Hera, Athena, and Aphrodite that eventually led to the Trojan War (for the complete story, see The Judgement of Paris). Thus, "apple of discord" is used to signify the core, kernel, or crux of an argument, or a small matter that could lead to a bigger dispute.

Tip: Do you have a Golden Apple award teacher at your site? Include your **Golden Apple winner** into the festivities! Ask them to share their favorite **golden apple** variety with your kids!

TIP: Share creative ideas for your Golden Crunch with teaching staff. Check out the educational and fun ideas for Pre-K through 5 on our website [here](#).

Create a Golden Taste Test!

Would a **Golden Apple** taste test be successful in your foodservice, or as a cafeteria or classroom activity? Here are a few ideas and helpful hints to create a fun and educational event!

- Determine how many apples will be needed for the number of students participating before you look for local apples to purchase!
- Buy local or regional golden apples through your produce distributor, a Farmers Market, or from a local orchard near you. Need help finding an orchard? Click [here](#).
- Be sure to find volunteers to help with your taste test. PPO, PTA, Wellness Group or other school or site groups can help!
- Check out our guide to taste tests [here](#) for helpful reminders and suggestions to make your event successful!

Nutrition Facts	
Serving Size 1 large apple (242g / 8 oz.)	
Amount Per Serving	
Calories 130	Calories from Fat 0
	% Daily Value**
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 260mg	7%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	
Vitamin A 2% • Vitamin C 8%	
Calcium 2% • Iron 2%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	



Apple Recipes for the Cafeteria:

Add one of the following recipes to your Crunch Day menu! They're a delicious way to feature apples in your meal program and meet USDA meal pattern requirements. Recipes are courtesy of [Illinois Harvest of the Month](#).

Apple Muffin Squares

Cranberry Apple Cornbread Muffins

Chicken Salad with Apples

Apple Cranberry Coleslaw

Apple Crisp

Cucumber Apple Salad

Crunchy Apple Salad



Crunch Time Tips

Use these tips to make your event a success:

- 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 Golden Apple Crunch into a school-wide celebration by asking students and staff to "wear the gold". Show your apple savvy by wearing gold colored clothing at school!
- 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 Golden Apple Crunch!



Keep the Crunch Going All Day!

The fun doesn't have to stop at noon! Here are some ways to extend the crunch activities:

- Taste test **multiple golden apple varieties** and vote on your favorite.
- **Invite a local grower** to the classroom or cafeteria to participate in the event!
- Arrange a **field trip** to a local orchard for your Crunch.
- Lead a **hands-on cooking class** for students featuring a healthy apple recipe. Share the recipe with food service to incorporate it onto future menus.
- Take a look at the **apple-based learning ideas** on the next two pages to connect your crunch to the classroom.

Crunch Outreach

Once your planning team has established your Great Apple Crunch activities, make sure you share the word with the school community to reach volunteers and build the excitement. Here are some general outreach ideas:

- Announce the event in your **school's newsletter** or email system. Use this as an opportunity to ask for student, staff and community volunteers to lead classroom or cafeteria Apple Crunch activities. Promote the event through **social media** using the hashtags **#GreatAppleCrunch**, **#ILAppleCrunch**, and **#F2SMonth**.
- Present your idea at a **school board meeting** to solicit input or find help with funding the event.
- Arrange a special **Apple Crunch planning meeting** that's open to the public—be sure to find a time where most parents and teachers can join.
- **Create flyers** to post around the school and community—feel free to use our logos to advertise, or create a contest for kids to design one for your event!
- Give a **morning announcement** over the school PA system.



Nature Exploration Academy Early Childcare,
Orland Park

Great Apple Crunch Logo

Don't forget to download your copy of the **Great Apple Crunch Logo!** Use the logo when promoting your Great Apple Crunch around school, within the community, and on your website or Facebook page.

You will find multiple logo files in a Google Drive folder at the link below.

Click this link to access the logo files:
[AppleCrunchSharedFolder](#)

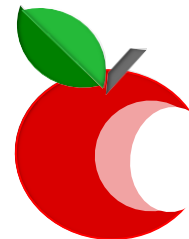
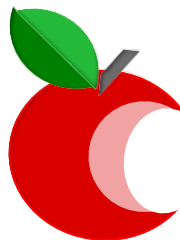
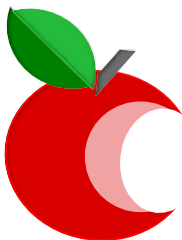
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10-10-2019

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Don't forget to register!
<http://bit.ly/2m4bl6OILapplecrunch>



Mooseheart Child City and
School, Mooseheart, IL

For More Information:

- **Contact the Illinois Farm to School Network:**
Diane Chapeta
Illinois Farm to School Programs Manager
Seven Generations Ahead
farmtoschool@sevendgenerationshead.org
708-660-9909 X3
- Check out the **Illinois Great Apple Crunch website** for more resources: illinoisfarmtoschool/Great-Apple-Crunch
- Sign up for our newsletter to learn more about upcoming events, funding, and resources on local food sourcing, food & nutrition education, and school gardening: www.illinoisfarmtoschool.org/join
- Learn more about the **Great Lakes Great Apple Crunch:**
<http://www.cias.wisc.edu/applecrunch>
- Dig into National Farm to School Network's resources to celebrate **National Farm to School Month:**
www.farmtoschool.org/our-work/farm-to-school-month
- Ready to take your farm to school program to the next level? Take a sneak peek of [IL Harvest of the Month](http://illinoisfarmtoschool.org/harvest-of-the-month/)! You can register for this program after May 15 through Nov 15 at: <http://illinoisfarmtoschool.org/harvest-of-the-month/>



Glenbard South High School
Glen Ellyn, IL

Press Release Template

Copy and paste this press release template into a new document. Then personalize all the portions in **{BRACKETS}**, add any content specific to your event, and send it out to your local media and news outlets.

FOR IMMEDIATE RELEASE

CONTACT:

{NAME}

{SCHOOL/ORGANIZATION}

{PHONE}

{EMAIL OR OTHER CONTACT}

October 10th, 2019

It's our **Golden Great Apple Crunch** year! {TOWN/SCHOOL NAME}

{TOWN/SCHOOL NAME} is joining schools, preschools, colleges and individuals across the Great Lakes Region states of Minnesota, Wisconsin, Illinois, Michigan, Indiana and Ohio in celebrating National Farm to School Month by crunching into {CHOOSE: LOCALLY GROWN, REGIONALLY GROWN, ETC.} apples in celebration of the fifth annual Illinois Great Apple Crunch at NOON local time. This year is the **Golden Illinois Crunch** celebrates our **Golden Apple Teachers!**

{PROVIDE A BRIEF DESCRIPTION OF YOUR EVENT, ACTIVITIES, LOGISTICS, HOW PARENTS/COMMUNITY CAN BE INVOLVED}

This collective crunch encourages healthy eating and supports farm to school and local food initiatives throughout Illinois and the Great Lakes Region. {DESCRIBE HOW IT CONNECTS LEARNING OR OTHER RELATED EFFORTS AT YOUR SCHOOL}.

For more information, or to crunch with us, please contact {CONTACT NAME} at {CONTACT PHONE}

For more information about the Crunch visit:

Illinois Great Apple Crunch <http://illinoisfarmtoschool.org/great-apple-crunch/>

Great Lakes Great Apple Crunch <http://www.cias.wisc.edu/applecrunch>

-end-