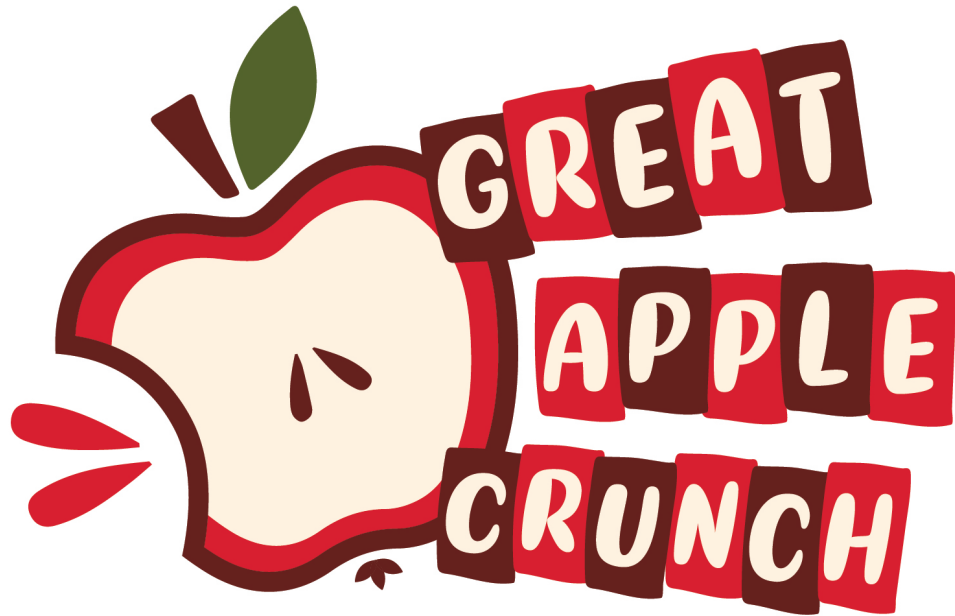


I L L I N O I S



ILLINOIS CRUNCH GUIDE for
K-12 SCHOOLS

Join us on the 2nd Thursday in October



NATIONAL
FARM to
SCHOOL
MONTH



WHAT IS THE GREAT APPLE CRUNCH?

The Illinois Crunch is a part of the Midwest Great Apple Crunch which encourages healthy eating and supporting 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 & more!

Join the Midwest states of Minnesota, Wisconsin, Illinois, Indiana, Michigan, Iowa and Ohio in celebrating [National Farm to School Month](#) ↗ by crunching into locally and regionally grown apples at noon on **the second Thursday in October**. Of course, if you are unable to participate on that day 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 Illinois Great Apple Crunch visit our Crunch website at www.illinoisfarmtoschool/Great-Apple-Crunch ↗

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://forms.gle/EVRCx9gpnPPusk9u5> ↗

→ ASSEMBLE AN APPLE CRUNCH PLANNING TEAM

Invite teachers, food service staff, 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

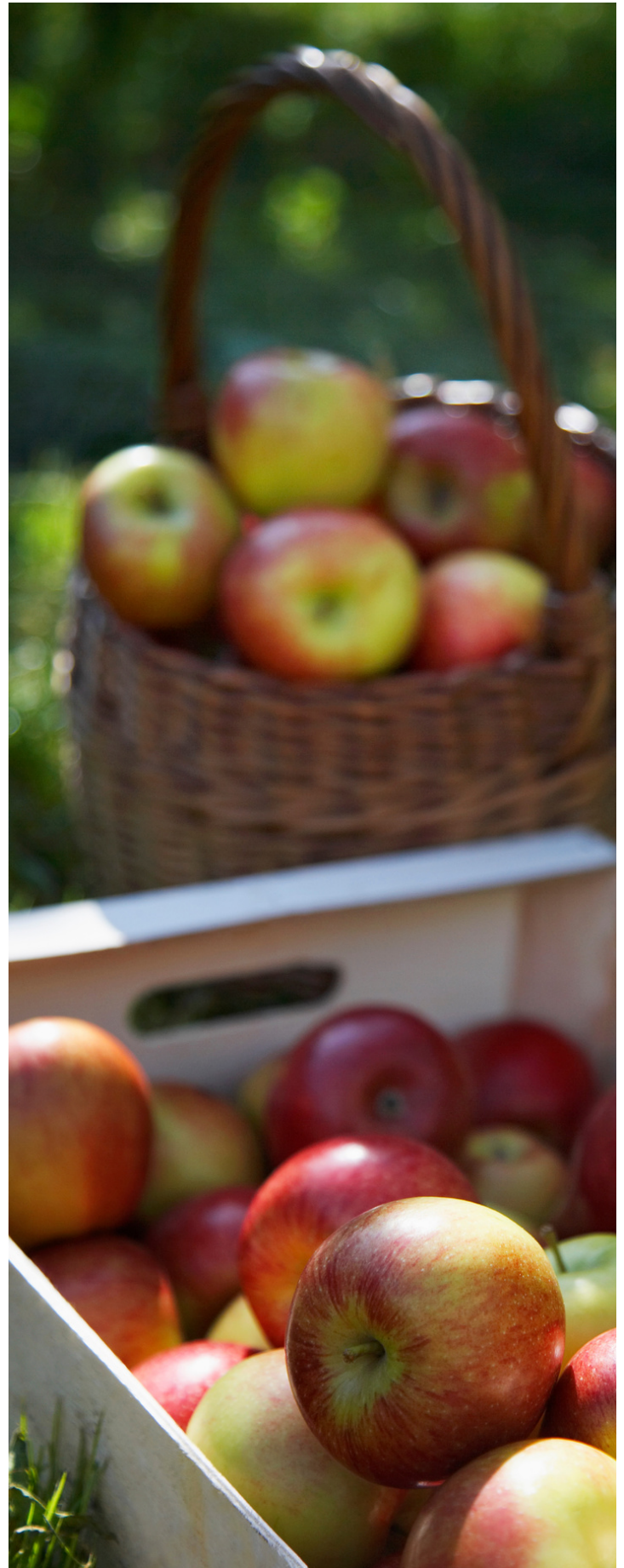
In addition to your Great Apple Crunch at noon, plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate Crunch day!

→ 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

- **APPLE ORCHARD LIST, UNIVERSITY OF ILLINOIS EXTENSION**
Look for orchards near you, including pick-your-own and farm stand options.
<https://web.extension.illinois.edu/apples/appleorchards.cfm> ↗
- **ILLINOIS FARMERS MARKET ASSOCIATION**
Find a farmers' market near you, or search for local apple growers.
www.ilfma.org ↗
- **ILLINOIS MARKET MAKER**
Find orchards, cafeteria food service contractors, farmers markets, processors, and more apple sources near you!
<https://il.foodmarketmaker.com/main/mmsearch> ↗
- **ILLINOIS ORCHARD DIRECTORY, ORANGE PIPPIN**
Use this list to find orchards, apple varieties, u-pick, and other options in Illinois.
www.orangepippin.com/orchards/united-states/illinois ↗
- **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 ↗
- **IL HARVEST OF THE MONTH REGIONAL FOOD HUB LIST**
A helpful tool for finding local food distributors and aggregators near you.
[IL Harvest of the Month Regional Food Hub List](#) ↗
- **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](#) ↗



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

→ SOURCE APPLES THROUGH THE DOD FRUIT AND VEGETABLE PROGRAM

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

→ 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 [IL Harvest of the Month Food Hub List](#) ↗ to find a food hub or regional food aggregator near you!

→ TACKLE A TASTE TEST

Check out the [Illinois Harvest of the Month Taste Test Toolkit!](#) ↗

→ ASK FOR HELP

Ask [Illinois Farm to School Network](#) ↗ for procurement assistance to locate the apples nearest to you!



Cambridge SD 227 - Cambridge, IL



Kinnikinnick CCSD 131 - Roscoe, IL



Glenbard South High School - Glen Ellyn, IL

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 Illinois-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 Illinois.

→ 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 [IL Harvest of the Month Regional Food Hub List](#) ↗.

→ 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 TASTE TESTS & OTHER CLEVER CRUNCHES

You can purchase local apples to Crunch outside a reimbursable meal, use school food service funds (Fund 50), and promote the apples as "purchased by school food service like this: 'Apples for this Crunch provided by BLANK food service department'. Check out the [Illinois Harvest of the Month Taste Test Toolkit](#) ↗ too!

→ ASK FOR ASSISTANCE

Ask [Illinois Farm to School Network](#) ↗ for procurement assistance.

RECIPES FOR K-12 AND MORE



THESE RECIPES ARE FROM [ILLINOIS HARVEST OF THE MONTH](#) ↗

→ 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](#) ↗



→ 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 Midwest 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 [#GreatAppleCrunch](#) [#ILAppleCrunch](#) [#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 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.
- 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 Midwest Great Apple Crunch can be extended to apple-based learning activities for a creative way to meet learning requirements for language, math, science and more! Check out the resources below for apple-themed learning activities geared to different ages.

→ 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



Harrisburg CUSD 3 - Harrisburg, IL

→ PRE-K AND ELEMENTARY LESSONS

- [An Apple A Day Lesson Plans](#) ↗
Illinois Ag in the Classroom
- [Food Fun: From Apples to Zucchini](#) ↗
University of Illinois Extension
- [SGA Roots and Fruits Apple Lesson](#) ↗
Illinois Farm to School
- [Educational Resources for Teachers](#) ↗
Ohio Apples
- [Apple Taste Test For Young Children](#) ↗
Community GroundWorks
- [Apples, A Class Act](#) ↗
US Apple Association
- [Preschool Apple-Themed Activities](#) ↗
The Educators's Spin On It
- [A Is For Apple](#) ↗
Utah Ag in the Classroom
- [Apple Science Experiments For Kids](#) ↗
Little Bins for Little Hands
- [Michigan Apples Educational Kit](#) ↗
Michigan Apple Committee
- [The Hayride, A Resource for Educational Farm Field Trips](#) ↗
Growing Minds

PROMOTE YOUR CRUNCH

Once your planning team has established your Great Apple Crunch activities, share the word with 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. Use this 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](#). On Facebook, re-post 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.
- Present your idea at a school board meeting. Use the meeting to gather input or request funding for the Crunch and activities.
- Arrange a special Apple Crunch planning meeting open to the public. Be sure to find a time where most parents and teachers can join.
- Create flyers to post around the school, cafeteria, and community. Use the Great Apple Crunch logo to advertise your event or host a contest for students to create a poster design to promote your event!
- Do a "Crunch Countdown" over morning announcements for ten days before the Crunch.



Get staff involved and in the picture! Wheeling CCSD 21 - Wheeling, IL

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. 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 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 posted to social media may be used in future Apple Crunch promo material.

- Use the hashtags **#GreatAppleCrunch** **#F2SMonth** and **#ILAppleCrunch** 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.

APPLE CRUNCH LOGO

Don't forget to download your copy of the Illinois 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 at the link below. Customize promotional items like posters, blog posts, and social media content.

Click this link to access the logo files:

<https://illinoisfarmtoschool.org/great-apple-crunch/great-apple-crunch-guides-and-logos/> ↗



FOR MORE INFORMATION

► Contact the Illinois Farm to School Network Program Manager

Illinois Farm to School Programs Manager

Seven Generations Ahead

farmtoschool@sevengenerationsahead.org

► Check out the Illinois Great Apple Crunch website for more resources:

www.illinoisfarmtoschool/Great-Apple-Crunch ↗

► Dig into National Farm to School Network resources to celebrate 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? Check out the **Illinois Harvest of the Month!** Learn more and request access here:

www.illinoisfarmtoschool.org/harvest-of-the-month/