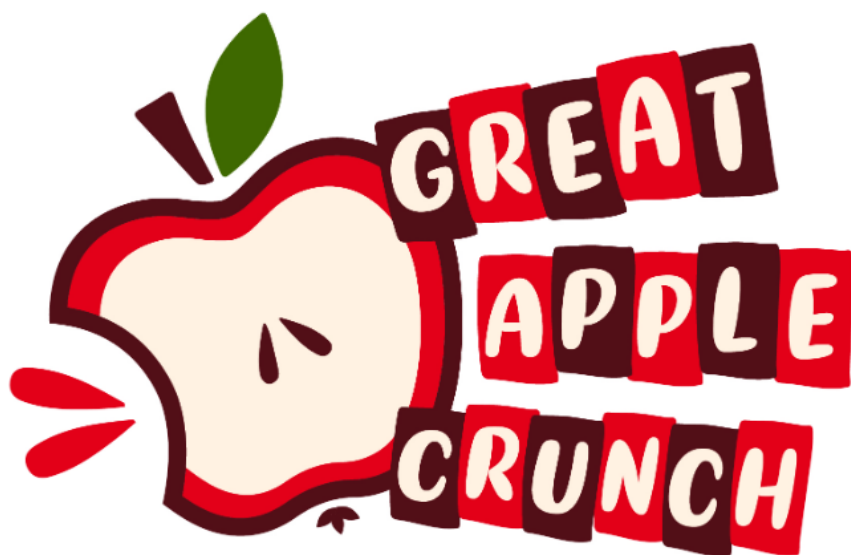


M I N N E S O T A



MINNESOTA CRUNCH GUIDE
for EARLY CARE EDUCATION

JOIN US THIS OCTOBER AND CRUNCH INTO LOCAL APPLES!

The Minnesota Great Lakes Great Apple Crunch is supported by Minnesota's Farm to School Leadership Team and Minnesota's Farm to Early Care Education Coalition. Please visit the MN Farm to School Month page for more information.



NATIONAL
FARM to SCHOOL
NETWORK

NATIONAL
FARM to
SCHOOL
MONTH



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 & more!

Join the Great Lakes states of Minnesota, Wisconsin, Illinois, Indiana, Michigan and Ohio in celebrating [National Farm to School Month](#) ↗ by crunching into locally and regionally grown apples. We 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 Lakes 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, 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

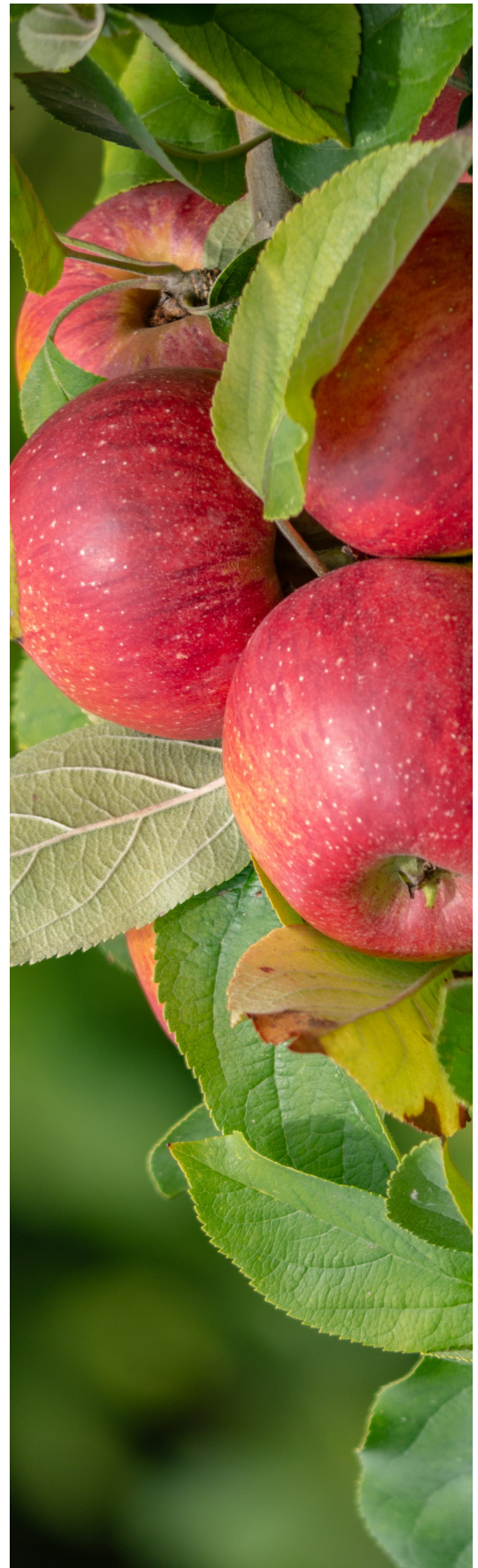
In addition to your Great Apple Crunch at noon, plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate Crunch Day!

→ 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

→ MINNESOTA APPLE GROWERS ASSOCIATION

Use the map on the website to find apple growers near you.

www.minnesotaapple.org/en/find_a_grower/ ↗

→ MINNESOTA GROWN DIRECTORY

Search the online tool for local apples, farmers' markets, on-farm activities & more.

www.minnesotagrown.com/search-directory/ ↗

→ MINNESOTA FARMERS' MARKET ASSOCIATION

Use the Market Directory to find the market closest to your school or ECE site!

www.mfma.org/farmers-markets ↗

→ 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 ↗

→ USDA FOOD HUB & CO-OP DIRECTORY

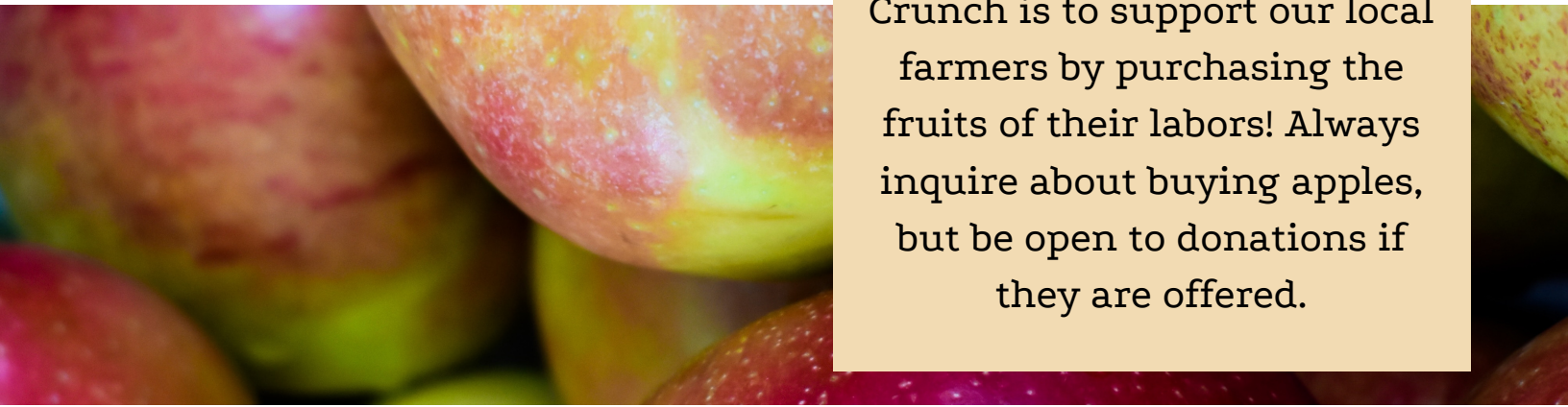
A helpful tool for finding local food distributors and aggregators near you.

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

→ 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

→ VISIT THE FARMERS' MARKET

Here you'll find the most apple varieties, meet your farmers, and hand pick the right-sized apples, while using your nutrition program dollars too.

→ ASK YOUR CURRENT VENDORS

Ask your broadline or produce distributors if they have any local, farm-identified apples available.

→ BUY FROM LOCAL ORCHARDS

Ask for small apples that are harder for farmers to sell, but perfect for kids! Find local farms in the "Find Your Local Apples" section of this Crunch Guide.

→ FIND A FOOD HUB

Food hubs and regional produce aggregators may have just what you need. Check out the [USDA Local Food Hub Directory](#) ↗

→ STOP AT A FARM STAND

Visit a local farm stand or U-pick and get apples from where they are grown!

→ SHOP LOCAL AT THE GROCERY STORE

Look for apples identified as "local" or "Minnesota-grown" at your local grocery store or food co-op.

→ ASK FOR HELP

Contact the MN Farm to School Leadership Team at farmtoschool@umn.edu ↗ for help locating apples near you!



ECE RECIPES



→ APPLE SALAD

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

[Recipe Here](#) ↗

→ BERRY BONANZA

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

[Recipe Here](#) ↗

→ RHUBARB APPLESAUCE

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

[Recipe Here](#) ↗

→ GOLDEN RAYS

A warm and delicious twist on traditional oatmeal!

[Recipe Here](#) ↗

→ BOOKWORM APPLE BARK

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

[Recipe Here](#) ↗

→ BAKED BATATAS & APPLES

Slightly sweet, the perfect treat - sweet potatoes and local apples that credit for veggies and fruit!

[Recipe Here](#) ↗

→ APPLE JACKED PANCAKES

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

[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 Great Lakes 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](#), [#MNAppleCrunch](#), [#MNFarmtoSchool](#), and [#MNLittleCrunchers](#).

→ 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.



→ 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.
- Whole or sliced apples may not be appropriate for all children in your care. Try serving apple sauce grown and made in Minnesota for younger children - or make it yourself as a learning activity.
- Don't forget to snap a few photos or videos to capture all the action of the Great Apple Crunch!
- Share your Crunch photos with families to encourage healthy eating at home.
- Post to Instagram, Facebook or Twitter using [#GreatAppleCrunch](#), [#MNAppleCrunch](#), [#MNFarmtoSchool](#), and [#MNLittleCrunchers](#).

→ KEEP THE CRUNCH GOING ALL DAY!

- Taste test multiple apple varieties and vote on your favorite.
- Feature a recipe with local apples in breakfast or lunch throughout October to celebrate [#F2SMonth](#).
- Invite a local farmer to visit and read a book to children.
- Arrange a field trip to a local orchard and Crunch under the trees. Invite families for the fun too!
- Cook with local apples as an educational activity. Or use local apples as a snack throughout the week.
- Take a look at the apple-based learning ideas on the next two pages to connect your Crunch to learning.

CONNECT TO LEARNING

The Great Lakes Great Apple Crunch is easily extended into developmentally appropriate apple-based learning activities for a creative way 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

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

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

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

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


 [Search Online For Informal Activity Resources](#) ↗
Example Resource: Teaching2and3yearolds.com


 [Search Pinterest for "Early Care Apple Activities"](#) ↗
Example: [Pinterest Page](#)




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

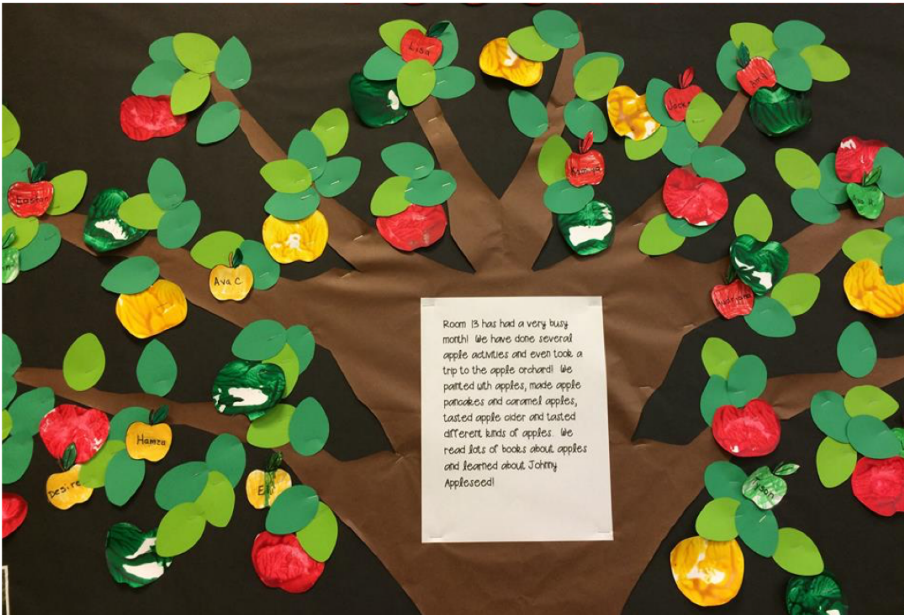
Three red apples high on the tree,
One fell down next to me.
I gave it to mother and this is what she said,
"I love apples, juicy and red".
Two red apples high on the tree,
One fell down next to me.
I gave it to sister and this is what she said,
"I love apples, juicy and red".
One red apple high on the 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

				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 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 Crunch through social media using the hashtags #MNAppleCrunch, #MNLittleCrunchers, and #MNFarmToSchool. Repost the "We Registered" badge, and share the Crunch Countdown posts on Facebook.
- 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 Great Lakes Great Apple 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!

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 #MNAppleCrunch and #GreatAppleCrunch.
- 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 Lakes 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 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 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/GreatLakesGreatAppleCrunch ↗
Instagram: [@GreatAppleCrunch](https://www.instagram.com/GreatAppleCrunch) ↗
Twitter: [@Gr8AppleCrunch](https://twitter.com/Gr8AppleCrunch) ↗
- *Note: any photos and videos posted to social media may be used in future Apple Crunch promo material.
- Use the hashtags **#GreatAppleCrunch**, **#MNAppleCrunch**, and **#MNFarmToSchool** 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.

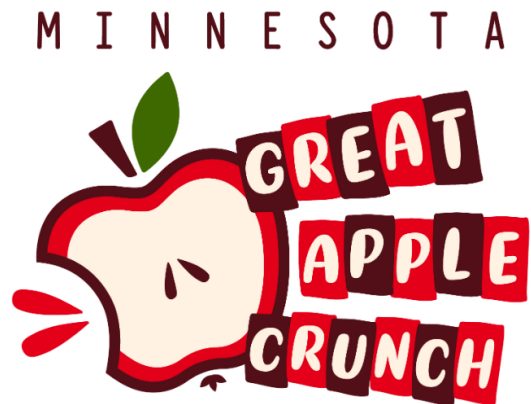
MINNESOTA APPLE CRUNCH LOGO

Don't forget to download your copy of the Minnesota 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 at the link below. Use the Powerpoint version to customize promotional items like posters, blog posts, and social media content.

Click this link to access the logo files:

<https://bit.ly/MNAppleCrunch> ↗



FOR MORE INFORMATION

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For more information on the Great Lakes Apple Crunch:

<http://www.cias.wisc.edu/applecrunch> ↗

Discover Farm to School Month:

<http://z.umn.edu/f2smonth> ↗

Download the sample press release at this website:

<https://go.wisc.edu/4k5931> ↗