

2018 Georgia Apple Day & Crunch 4 Lunch

October 30, 2018 at 12:00 noon

The Georgia Department of Education School Nutrition Program, in partnership with the Georgia Department of Agriculture, is celebrating apples in Georgia on **Tuesday, October 30, 2018**.

Georgia Apple Day is about:

- Raising awareness of peak apple season and of the importance of farming.
- Inspiring Georgians to "eat local" by crunching into locally or regionally grown apples.
- Connecting food and agriculture to the classroom.
- Celebrating that October is National Farm to School Month and National Apple Month.
- Promoting healthy eating.

Apple Crunch 4 Lunch

Join in the statewide celebration of National Farm to School Month and Apple Month by crunching into locally and regionally grown apples at **12:00 noon on Tuesday, October 30, 2018**. It will be the "crunch heard round the state!"

Be sure students and staff know that October 30th is the Apple Crunch 4 Lunch activity. Advertise the event in school announcements, on the school's website and through social media.

On Apple Crunch 4 Lunch Day, be sure to announce the event in the school cafeteria and share your crunch on social media, #GACrunch4Lunch, #ShakeItUpGA, #GeorgiaGrown.



How to Participate

- Register Your Crunch!
Visit <https://bit.ly/2QdQloW> to tell us your school district name and how many will "crunch" that day.
- Find a source for your apples.
- Choose your other Apple Day activities.
- Promote your event.
- Share your story. Submit photos to the Shake It Up or Farm to School email inbox.
- Visit the webpage for more ideas and resources:

Visit the Georgia Apple Day and Crunch 4 Lunch Webpage <https://bit.ly/2xf9MFO>

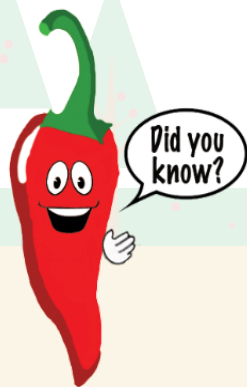
Apple Crunch 4 Lunch Tips

Use these tips to make your event a success:

- Announce the Crunch in the morning and during lunch over the school PA system.
- Display a promotional sign in the cafeteria.
- Display the name of the apple farm on the serving line.
- 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.
- 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 Crunch 4 Lunch!

Source Locally or Regionally Grown Apples

- Purchase and serve local or regional apples as part of your school lunch program. Apples can be offered as part of the reimbursable meal on **October 30th**, and student can "crunch" these apples at **12:00 noon**.
- Source your apples through your produce or broadline food distributor.
- Find apples by directly contacting local apple growers. Search for Georgia grown vendors in this Georgia grown Vendor Contact resource.
- Source local or regional apples through the USDA DoD Fresh Fruit and Vegetable Program. Royal Food Service is the state USDA DoD vendor.
- Find apples from a regional produce aggregator or food hub (USDA Local Food Hub Directory <https://bit.ly/1X7fHBy>).



Share Fun Facts About Apples

Visit the Georgia Harvest of the Month (HOTM) webpage and scroll down to October for apple resources! <https://bit.ly/2L9UYNz>

- Apples have five seed pockets.
- Apples are a member of the rose family.
- Apples float because 25% of their volume is air!
- Ellijay, in Gilmer County, is known as the apple capital of Georgia.
- Apples are high in fiber (helps with digestion).

Other Apple Day Activities

Consider other fun apple-themed activities for the day.

- Taste test multiple apple varieties and have students vote on their favorite.
- Invite a local farmer to the classroom or cafeteria to participate in the event.
- Arrange a field trip to a local orchard to accompany the Crunch.
- Create an apple-themed photobooth. Share your photos on social media.
- Connect to the classroom with apple-based education activities.

Visit the Georgia Apple Day and Crunch 4 Lunch Webpage <https://bit.ly/2xf9MFO>

Apple Day and Crunch 4 Lunch Outreach and Promotion

Spread the word with the school community. Here are some general outreach ideas:

- Announce the event in your school's newsletter or on the website.
- Promote the event through social media using the hashtags #GACrunch4Lunch, #ShakeltUpGA, #GeorgiaGrown.
- Create flyers to post around the school and community.
- Make a morning announcement over the school PA system.
- Capture your Crunch event with photos and videos. Share through social media!

