



North Carolina Crunch

#F2SMonth

#NCCrunch

Celebrate Farm to School Month with a crunch heard 'round the state!

What is the NC Crunch?

Across North Carolina, kids and adults in early care and education sites and K-12 schools will be crunching into locally grown apples to celebrate agriculture, nutrition and National Farm to School month!

When is the NC Crunch?

NOON on Wednesday, October 10, 2018

*Suggested date/time – Any time on October 10 or during October will work.

How can I participate?

Sign up! Go to <http://growing-minds.org/north-carolina-crunch/>.

Plan your event.

Once you sign up, you will receive a guide with tips for planning, sourcing local produce for, providing education with and promoting your event.

Promote your event.

Capture photos or video from your NC Crunch. Post to social media using #NCCrunch, #F2SMonth and @F2SCoalitionNC.

Submit your event(s) for recognition.

The NC Farm to School Cooperative is sponsoring a contest to recognize K-12 schools and early care and education sites for their promotion of North Carolina fruits and vegetables during October. Put together photos, a description of your event(s) and a completed entry form. Email to ncfarmtoschool@ncagr.gov. This year, the top 3 entries in each site category (early care and education sites and K-12 schools) will be awarded with gift cards, which can be used to support nutrition education and promotion. A review panel will select awardees based on how many individuals participate in the NC Crunch, creativity with event activities, how much of the school or ECE site is engaged, and promotion of nutrition and local agriculture.

1st place - \$250, 2nd place - \$150, 3rd place - \$100



NATIONAL
FARM to
SCHOOL
MONTH



NATIONAL
FARM to SCHOOL
NETWORK



Contest Entry Form



Thank you for your interest in the NC Crunch contest sponsored by the NC Farm to School Cooperative. Please include this completed form and your event photos with your entry. Email entries to ncfarmtoschool@ncagr.gov by 5:00 p.m., Friday, November 9, 2018.

Contact Name: _____

Title/Role: _____

Check the appropriate site category. Early Care and Education K-12 School

Name of Early Care/School Site: _____

County or School District: _____

Email: _____

Phone: _____

Mailing Address: _____

City: _____ Zip: _____

Description of your NC Crunch event(s):

