The Utah Apple Crunch
is Wednesday, October 11th, 2017!
Join us in celebrating Utah food and farms by crunching into a
delicious local apple.
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What is the Utah Apple Crunch?

The Utah Apple Crunch encourages healthy eating and supports Farm to Fork and other local food purchasing initiatives throughout the region. On **Wednesday, October 11th, 2017** students, teachers, staff, and anyone who loves local food will celebrate by crunching into a locally grown apple. The Apple Crunch is a way to get excited about delicious local produce, help students understand where their food comes from, and support local farmers.

Schools that participate in the Fresh Fruit and Vegetable Program (FFVP) may wish to center their Apple Crunch around regular FFVP service. Just serve local apples and add one of the learning activities on page 8!

If your school or childcare center is unable to participate on the 11th, remember that all of October is Farm to School Month, so consider planning an event on a day that works best for you.

You can find more information on Farm to School Month here:
http://www.farmtoschool.org/our-work/farm-to-school-month
Getting Started
Follow these six steps to make sure your crunch is a resounding success!

1. **Register Your Crunch**
   Make your crunch count! Register your apple crunch at: [https://tinyurl.com/UTAppleCrunch](https://tinyurl.com/UTAppleCrunch)

2. **Assemble a Team**
   The more people you have working together, the easier it will be to pull off a fun and exciting event. Invite teachers, school nutrition staff, administrators, parents, and local businesses to get involved. The Farm to Fork Team at the Utah State Board of Education is also happy to help! [Contact information](#) is included on page 16.

3. **Find Your Apples**
   See the [Purchase Your Apples](#) section on page 4 for tips on procurement and contact information for local farmers as well as other sources for local apples.

4. **Expand the Adventure!**
   In addition to crunching into apples, there are many other activities you can plan to for a full day of apple-related fun! Consider using some of the [activities](#) on page 6 to add to the crunch-related fun.

5. **Step 5: Crunch Even Louder**
   Farm to Fork activities benefit the whole community—so let the community know what you're doing. See the [Share Your Story](#) section on page 12 for tips on spreading the word to build excitement, fundraise, or find volunteers. Use the included press release (page 14) to publicize your event to local media, and the hashtags #UTAppleCrunch, #F2SMonth, #farmtoschool, and #NSLW17 to celebrate on social media.

6. **Step 6: Keep the Momentum Going**
   How will you continue to include local apples and other Utah food in your menus after the apple crunch event is over? Were there parents or community members involved in the apple crunch that might be interested in helping start a school garden? Do teachers want to organize farm field trips or include more ag-related lessons in their classrooms? [Contact your USBE Farm to Fork Specialists](#) (page 16) for ideas and assistance expanding your Farm to Fork programming.
Purchase Your Apples

Remember that the goal of the Utah Apple Crunch is to support your local farmers by purchasing the (literal) fruits of their labor! Always inquire about buying apples, but be open to donations if they are offered.

How Will You Define Local?
Your Apple Crunch should feature local apples, but you have some flexibility as to how you define local. Depending on where you are located, you may be able to purchase apples grown in the same town or county, or you may have to expand your definition to “a 200 mile radius” or “the state of Utah”. Make sure you communicate your definition of local to the person who will actually be purchasing the apples.

How Many Apples Do You Need?
For adults and older students, plan on one apple per person. For younger students who may not be able to eat a whole apple, consider slicing them and offering half an apple per student to reduce food waste. Applesauce made from local apples may be the most appropriate option for toddlers and preschoolers. Download our Apple Calculator to do the math for you—just enter the serving size and number of students to find out how many apples you need, and the corresponding number of pounds, bushels, or trays.

How Much Do You Plan to Spend?
Remember that if you are spending less than the applicable micropurchase threshold, you do not need to obtain quotes to purchase your apples. If you are spending an amount between your small purchase and micropurchase thresholds, small purchase rules apply (obtain three quotes, and document them). Contact USBE Child Nutrition Programs at (801) 538-7680 if you have questions about procurement thresholds and guidelines.

Where Can I Find Local Apples?
You have several options for sourcing local apples:

- Ask your distributor if they are able to supply you with local apples.
- Reach out to a grocery store that sources local apples—they may be willing to provide you with a local product at a discount.
- Contact a farmer directly—a list is included on the next page.
### Utah Apple Growers

<table>
<thead>
<tr>
<th>Orchard Name</th>
<th>Phone Numbers</th>
<th>Address</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allred Orchards</td>
<td>(801) 377-0748</td>
<td>2109 N University Ave, Provo</td>
</tr>
<tr>
<td>Burgess Orchards</td>
<td>(801) 554-6317</td>
<td>645 S Alpine Hwy, Alpine</td>
</tr>
<tr>
<td>Day Farms</td>
<td>(801) 546-4316</td>
<td>2500 W Gentile St, Layton</td>
</tr>
<tr>
<td>Ekins Hybrid Fruit Orchards</td>
<td>(801) 754-3300</td>
<td>90 East Highway 6, Santaquin</td>
</tr>
<tr>
<td>Ercanbrack Fruit Ranch</td>
<td>(801) 225-3459</td>
<td>2070 S Main, Orem</td>
</tr>
<tr>
<td>Farnsworth Farms</td>
<td>(801) 571-0858</td>
<td>11228 S 700 E, Sandy</td>
</tr>
<tr>
<td>Fowers Fruit Ranch LLC</td>
<td>(801) 754-3966</td>
<td>215 South 800 East, Genola</td>
</tr>
<tr>
<td>Glendale Orchard</td>
<td>(435) 689-2734</td>
<td>175 N Main, Glendale</td>
</tr>
<tr>
<td>Little America Organic Fruit</td>
<td>(435) 867-4532 or (435) 590-4576</td>
<td>748 North 175 East, New Harmony</td>
</tr>
<tr>
<td>Mountainland Apples</td>
<td>(801) 754-5601 or (801) 754-3301</td>
<td>PO Box 667, Santaquin</td>
</tr>
<tr>
<td>Olsen Orchard</td>
<td>(435) 753-1837</td>
<td>298 East 2100 South, Providence</td>
</tr>
<tr>
<td>Paradise Valley Orchard</td>
<td>(435) 245-6203</td>
<td>9971 South Highway 165, Paradise</td>
</tr>
<tr>
<td>Pettingill’s Fruit Farm</td>
<td>(801) 782-8001</td>
<td>8815 US-89, Willard</td>
</tr>
<tr>
<td>Pyne Farms</td>
<td>(801) 874-7057</td>
<td>293 S 900 E, Payson</td>
</tr>
<tr>
<td>Riley (Alan) Orchards</td>
<td>(801) 465-9411</td>
<td>450 Apple Lane, Payson</td>
</tr>
<tr>
<td>Rowley’s Red Barn</td>
<td>(801) 754-5511</td>
<td>901 South 300 West, Santaquin</td>
</tr>
</tbody>
</table>

**Do you know a farmer who should be on this list? Email** kate.wheeler@schools.utah.gov **so that we can make sure they’re included!**
Crunch Time Activities and Tips
Biting into a local apple is just the beginning! Here are some ways to extend the crunch activities:

- Read some apple facts over the intercom during morning announcements. The US Apple Association has an entire page of fun facts available at: http://usapple.org/all-about-apples/fun-facts/
- Taste test multiple apple varieties and vote on your favorite kind.
- Invite a local farmer to the classroom or cafeteria to participate in the event! They can read a story to younger students, help serve food, or talk to older students about how apples are grown.
- Hold an apple-themed coloring contest.
- Arrange a field trip to a local orchard and have your crunch there.
- Lead a hands-on cooking class for students featuring a healthy apple recipe. See page 7 for recipe ideas.
- Bring a cider press to school and teach students how to make apple cider.
- Make the Utah Apple Crunch into a school-wide celebration by pairing older students and younger students together for crunch time.
- Encourage teachers to use the apple-based learning ideas on pages 8-9 to connect the crunch to the classroom.
- Set up a DIY photo booth—all you need is a blank wall, phone or digital camera, and some fun farm-related costume pieces and props. Don't forget to appoint a parent, teacher, student or community member to act as photographer/videographer and capture all the action, both in and out of the booth!
Apple Recipes
Try some of these tasty apple recipes as part of your celebration. They can either be served in the cafeteria or prepared by students in smaller amounts as part of a classroom lesson.

Warm Baked Apples: https://tinyurl.com/whitehouseapples

Apple Cheddar Whole Wheat Quesadillas (try them with a side of black beans): https://tinyurl.com/applequesadilla

Apple Pie Smoothie: https://tinyurl.com/chopchopsmoothie

Apple Cake: https://tinyurl.com/wg-applecake

You can also use the databases below to search for even more recipes:


USDA Mixing Bowl Apple Recipes: https://tinyurl.com/USDAapples
**Learning Activities**

**Language Arts**
Have fiction and nonfiction books about apples in the classroom.

Write the names of different types of apples around the room.

Have students describe how the apple feels, looks, and tastes, either in writing or verbally.

Have the students write a story about an apple using this prompt: “It was autumn and finally time to pick the apples.”

Discuss the travel/carbon footprint that each food item we eat has. Have students find a food item that has apples in it and research the carbon footprint for that item. Have the students present their food item and its footprint to the class.

**Mathematics**
Have kids count the seeds in their apple.

Graph student responses to a survey about apples/comparing a variety of apples and graph the frequency of their characteristics.

Cut apples into fractions for hands-on problem solving.

Solve story problems about apples.

Have students measure and weigh their apple.

Have students convert an apple pie recipe from fractions into decimals or vice versa.

Have students use different apples to draw comparative inferences about how many seeds apples have.

**Science**
Discuss the parts of the apple and apple tree.

Discuss the basic needs of an apple.

Discuss the physical change in an apple as you eat/cut it.

Put apple slices into cups with different liquids (water, soda, vinegar) or powders (baking soda, salt) or just an empty one to observe what will happen to them after a week. Have students hypothesize what will happen to each. What changes took place? Are these changes chemical or physical?

Use apples to demonstrate Newton’s Laws.
Find additional learning activities at the links below:

- Visit to the Farmers’ Market (ECE/Pre-K): [https://tinyurl.com/visitfarms](https://tinyurl.com/visitfarms)
- Apples: A Class Act (Grades Pre-K-3): [https://tinyurl.com/applesclass](https://tinyurl.com/applesclass)
- Harvest of the Month: Apples (Grades K-1): [https://tinyurl.com/edibleschoolyard](https://tinyurl.com/edibleschoolyard)
- Freshest Fruits (Grades K-2): [https://tinyurl.com/freshestfruits](https://tinyurl.com/freshestfruits)
- A is for Apples (Grades K-2): [https://tinyurl.com/aisforapples](https://tinyurl.com/aisforapples)
- Apple Science: Comparing Apples and Onions (Grades 3-5): [https://tinyurl.com/apples-onions](https://tinyurl.com/apples-onions)
- Food Miles Lesson (Grades 5-8): [https://tinyurl.com/foodmileslesson](https://tinyurl.com/foodmileslesson)
- Apple Genetics (Grades 6-8): [https://tinyurl.com/applegenetics](https://tinyurl.com/applegenetics)
- Enzymatic Browning (Grades 6-8): [https://tinyurl.com/foodmaster](https://tinyurl.com/foodmaster)
- Farm to School Youth Leadership Curriculum (Grades 11-12): [https://tinyurl.com/Farm2School-IATP](https://tinyurl.com/Farm2School-IATP)
### Suggested Reading

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>A Tree is a Plant</td>
<td>Clyde Robert Bulla</td>
</tr>
<tr>
<td>Apples</td>
<td>Gail Gibbons</td>
</tr>
<tr>
<td>The Seasons of Arnold’s Apple Tree</td>
<td>Gail Gibbons</td>
</tr>
<tr>
<td>Applesauce Day</td>
<td>Lisa Amstutz</td>
</tr>
<tr>
<td>How to Make an Apple Pie and See the World</td>
<td>Marjorie Priceman</td>
</tr>
<tr>
<td>Bring Me Some Apples and I’ll Make You a Pie: A Story About Edna Lewis</td>
<td>Robbin Gourley</td>
</tr>
<tr>
<td>How Do Apples Grow?</td>
<td>Betsy Maestro</td>
</tr>
<tr>
<td>Apples, Apples, Apples</td>
<td>Nancy Elizabeth Wallace</td>
</tr>
<tr>
<td>Title</td>
<td>Author</td>
</tr>
<tr>
<td>------------------------------------------------</td>
<td>---------------------------------</td>
</tr>
<tr>
<td>Up, Up, Up! It's Apple Picking Time</td>
<td>Jody Fickes Shapiro</td>
</tr>
<tr>
<td>First Apple</td>
<td>Ching Yeung Russell</td>
</tr>
<tr>
<td>The Apple Pie Tree</td>
<td>Zoe Hall</td>
</tr>
<tr>
<td>From Apples to Applesauce</td>
<td>Kristin Thoennes Keller</td>
</tr>
<tr>
<td>The Apple Orchard Riddle</td>
<td>Margaret McNamara</td>
</tr>
<tr>
<td>An Apple Tree Through the Year</td>
<td>Claudia Schnieper</td>
</tr>
<tr>
<td>Apples for Everyone</td>
<td>Jill Esbaum</td>
</tr>
<tr>
<td>Ten Apples Up On Top!</td>
<td>Dr. Seuss</td>
</tr>
<tr>
<td>Just One Apple</td>
<td>Janosch</td>
</tr>
</tbody>
</table>
Share Your Story
Spread the word—make sure your crunch is heard loud and clear!

- Be sure to let local newspaper and television reporters know about your Apple Crunch by sending a press release (see page 14) or invitation to join your event. Use the celebration as a way to share more about your farm to school programs and National Farm to School Month!

- Get out your cameras, smartphones, or video devices and take a “crunch byte” to share through social media! Share your event across the state through Facebook and other social media platforms. (Please note these photos may be used in future Utah Apple Crunch promotional material.) Make sure you have appropriate photo release forms for any students who are featured—you can use your own form, or the one we’ve provided on page 15.

- Amplify your posts by using the hashtags #UTAppleCrunch, #F2SMonth, #farmtoschool, and #NSLW17 to share your images on Twitter, Instagram and Facebook.
Logos

Click on each logo to download it for use in your own Apple Crunch promotional materials.
Press Release Template

Copy and paste this press release template into a new document. Then personalize all of 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 {XX}, 2017

It’s Utah Apple Crunch Time, {TOWN/SCHOOL NAME}

{TOWN/SCHOOL NAME} is joining schools, preschools, and individuals across Utah in celebrating National Farm to School Month and National School Lunch Week by crunching into Utah-grown apples on Wednesday, October 11th for Utah Apple Crunch Time!

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 fork and other local food purchasing initiatives throughout Utah. {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 AND/OR EMAIL}.

The Utah State Board of Education and Utah Farm to Fork Task Force have created a guide to help every Utah child crunch into a delicious apple this October! To register for the Utah Apple Crunch, visit https://tinyurl.com/UTAppleCrunch.

-end-
Photo Release Form

UTAH STATE BOARD OF EDUCATION
CHILD NUTRITION PROGRAMS
MEDIA RELEASE FORM

I hereby grant permission to the Utah State Board of Education Child Nutrition Programs (USBE CNP) to use my photo and name in any media, advocacy or marketing efforts to help promote the importance of USBE CNP.

PUBLICATION RELEASE FORM

I release to USBE CNP my picture, image, voice, likeness (including photos and video) and consent to their use by USBE CNP.

USBE CNP agrees that these images, etc., shall only be used for public relations, public information, program promotion, publicity, and instruction.

I understand and agree that in the use or reproduction of these images, etc.:

• No monetary consideration shall be paid;
• Consent and release have been given without coercion or duress;
• Others, with or without the consent of the Utah State Board of Education, may use and/or reproduce such photographs and recording.

If I wish to rescind this Agreement, I may do so at any time with written notice. If I rescind permission to use images, USBE CNP will not use these images, etc. following said rescission. This release form or the local equivalent must be completed and signed and returned to the USBE CNP before any images, etc., can be used.

Name of Child: __________________________________________ Age: ______________

Name of Parent/Guardian: __________________________________________
(required if child is under age 18)

Parent/Guardian
Signature: __________________________ Date: ______________

USBE CNP-sponsored events open to the public are public events and do not require parent/guardian release for publicity and photographs of public events. For example, pictures and articles about activities may appear in local newspapers or USDA publications. The pictures and articles may or may not personally identify children.

USBE CNP has no control of media or statements which are taken without express permission.
Contact Information
Questions? Need help organizing or publicizing your event? We’re here to help!

Brett Milliken
Jordan School District Farm to School Coordinator
Utah Core Partner, National Farm to School Network
Phone: (801) 412-1300
Email: brett.milliken@jordandistrict.org

Kate Wheeler
Farm to School Specialist, USBE
Phone: (801) 538-7659
Email: kate.wheeler@schools.utah.gov

Maryann Durrant
Farm to ECE Specialist, USBE
Phone: (801) 538-7624
Email: maryann.durrant@schools.utah.gov

Lacie Jonas
Farm to ECE Specialist, USBE
Phone: (801) 538-7632
Email: lacie.jonas@schools.utah.gov

It’s also a great idea to contact the health promotion section of your local health department—they may be able to assist with both planning and publicizing your Apple Crunch. You can find local health department contact information here. Your county extension agent may also be able to help—find their contact information here.