

# WISCONSIN CRUNCH GUIDE

The Great Apple Crunch is brought to you by the University of Wisconsin-Madison Division of Extension and the following partners



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# 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 Wisconsin 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 at the exact date and time, 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 Great Apple Crunch visit the Apple Crunch website at [healthyliving.extension.wisc.edu/events/apple-crunch](https://healthyliving.extension.wisc.edu/events/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 [healthyliving.extension.wisc.edu/events/apple-crunch](https://healthyliving.extension.wisc.edu/events/apple-crunch)

## → ASSEMBLE AN APPLE CRUNCH PLANNING TEAM

Invite teachers, food service staff, cooks, 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

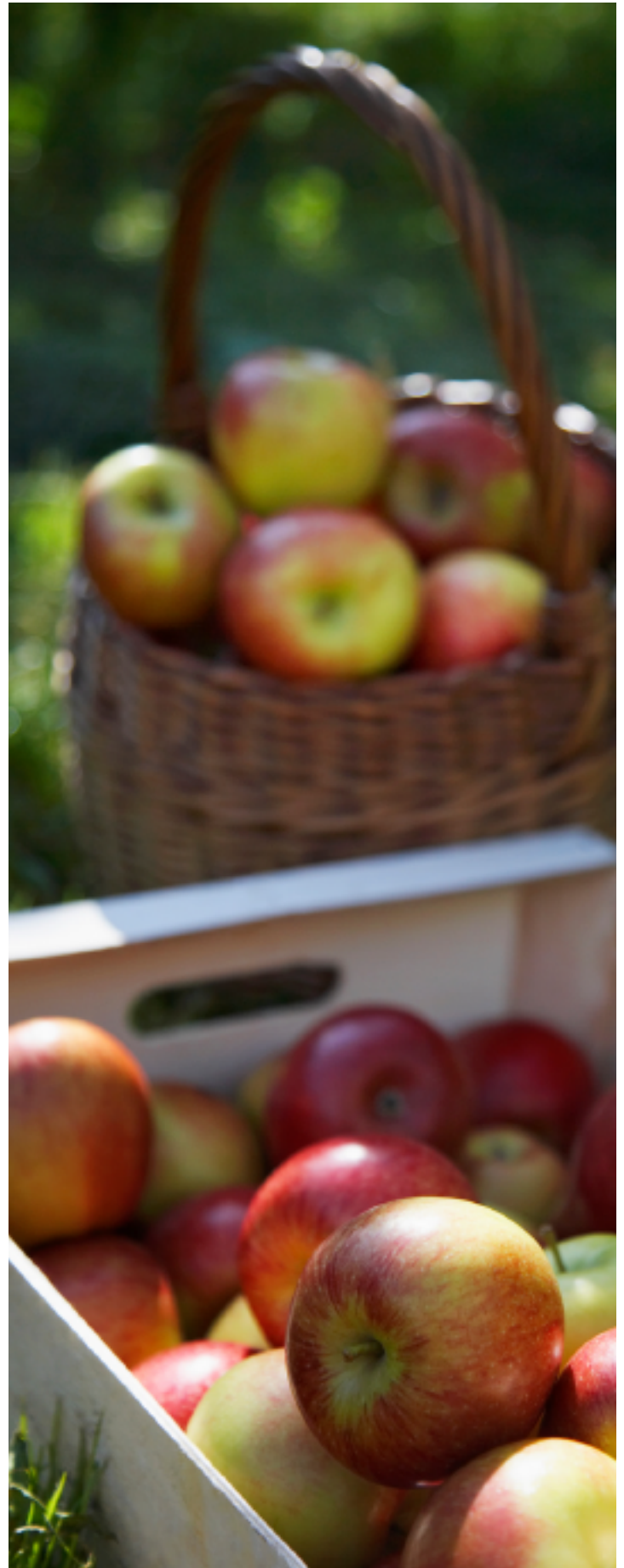
In addition to your Great Apple Crunch at noon, plan fun and engaging educational activities, lessons, field trips, or farmer visits to celebrate Crunch Day!

## → 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

## → WISCONSIN APPLE GROWERS ASSOCIATION

Scan the grower list to find local orchard partners near you.

[www.waga.org/Member-Orchards](http://www.waga.org/Member-Orchards) ↗



## WISCONSIN FARMERS MARKET ASSOCIATION

Use this great online tool to find farmers' markets near you.

[www.wifarmersmarkets.org](http://www.wifarmersmarkets.org) ↗

## → WISCONSIN FARM FRESH ATLAS

Search this online tool by location or product to find an apple grower near you.

[www.farmfreshatlas.org](http://www.farmfreshatlas.org) ↗



## FAIRSHARE CSA COALITION FARM LIST

Find Community Supported Agriculture farms near you.

[www.csacoalition.org/farm-search/](http://www.csacoalition.org/farm-search/) ↗

## → AMERICORPS FARM TO SCHOOL WISCONSIN LOCAL FOODS DATABASE

Explore a map and directory of farmers selling to schools and engaging with kids.

[sites.google.com/dpi.wi.gov/wilfd/find-farmers](https://sites.google.com/dpi.wi.gov/wilfd/find-farmers) ↗

## → SOMETHING SPECIAL FROM WISCONSIN

Browse this listing of farmers and vendors for apple items near you.

[www.somethingspecialwi.com/map](http://www.somethingspecialwi.com/map) ↗

## → USDA ON-FARM MARKET DIRECTORY

All you need to know about purchasing local foods from on-farm sources.

[www.ams.usda.gov/local-food-directories/onfarm](http://www.ams.usda.gov/local-food-directories/onfarm) ↗

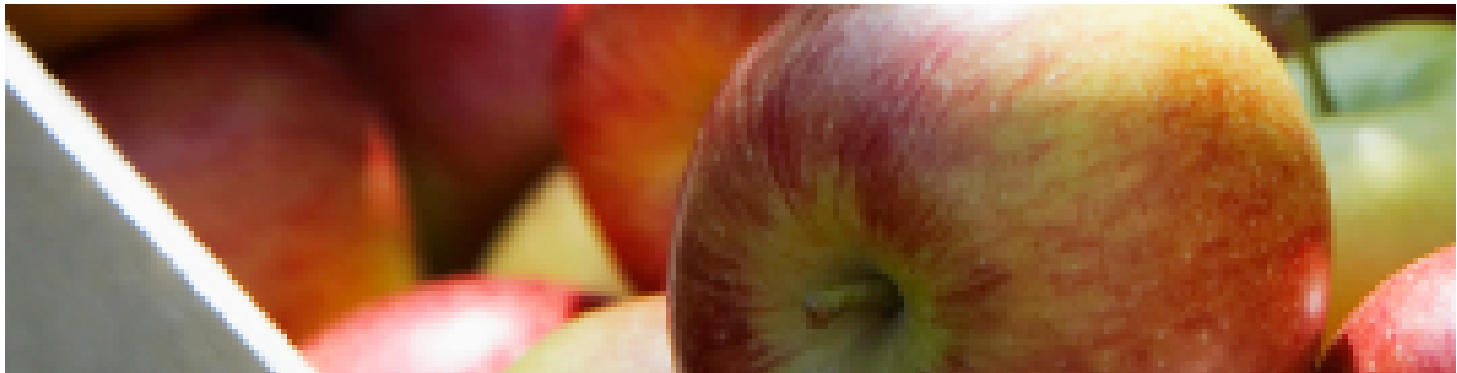
Sources marked with the apple icon are great for ECE sites and others purchasing small volumes.



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.



# RECIPES FOR K-12 SCHOOLS AND MORE



## → APPLE MUFFIN SQUARES

An easy-to-make breakfast or lunch item featuring local apples! Try different apples varieties for flavor.

[Recipe Here](#) ↗

## → CRAN-APPLE CORNBREAD MUFFINS

Sweet and tart, with cheddar cheese, these muffins are sure to please!

[Recipe Here](#) ↗

## → CRUNCHY APPLE SALAD

Crunchy, sweet and tart, this salad will brighten any menu or salad bar!

[Recipe Here](#) ↗

## → CHICKEN SALAD WITH APPLES, CRANBERRIES & WALNUTS

A quick cold chicken salad featuring USDA chicken, local apples, and regional cranberries!

[Recipe Here](#) ↗

## → APPLE CRANBERRY COLE SLAW

This is a superb autumn school food service recipe to feature local apples, cabbage, and honey!

[Recipe Here](#) ↗

## → FRESH APPLE CRISP

A quick, hot, and easy breakfast or lunch to feature local apples!

[Recipe Here](#) ↗

## → CUCUMBER & APPLE SALAD

A light and tangy salad with cucumbers, bell peppers, fresh herbs, and local apples!

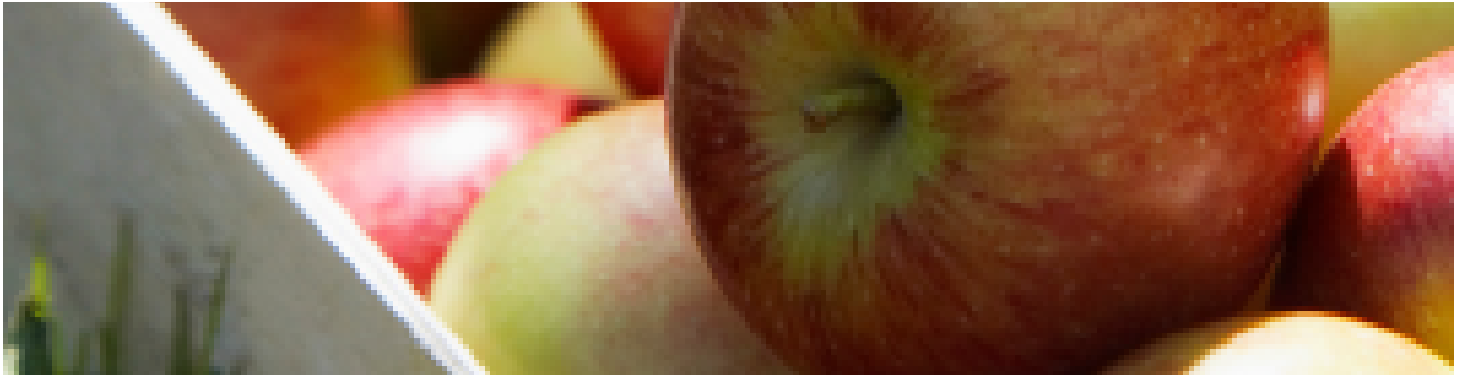
[Recipe Here](#) ↗

## → FRESH KALE, APPLE & CRANBERRY FALL SALAD

A no cook recipe featuring leafy greens, regional cranberries, and delicious local apples!

[Recipe Here](#) ↗

# ECE RECIPES



## → APPLE SALAD

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

[Recipe Here](#) ↗

## → GOLDEN RAYS

A warm and delicious twist on traditional oatmeal!

[Recipe Here](#) ↗

## → BOOKWORM APPLE BARK

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

[Recipe Here](#) ↗

## → BAKED BATATAS & APPLES

The perfect treat - sweet potatoes and 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](#) ↗

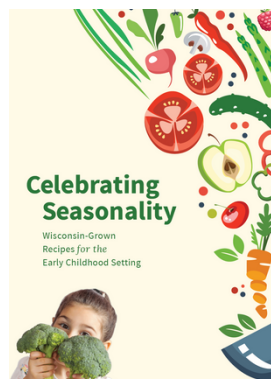
## → BERRY BONANZA

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

[Recipe Here](#) ↗

## CELEBRATING SEASONALITY

Use the new Wisconsin Farm to ECE recipe guide to find your perfect meal!



Visit [www.RootedWI.org/Recipes](http://www.RootedWI.org/Recipes) ↗



## → CRUNCH TIPS

- A conference, staff meeting, or all-business event is perfect for a Crunch because everyone is already in the same place.
- Make the Great Apple Crunch into a celebration to raise awareness! Invite your organization's leaders to your Crunch.
- Don't forget to appoint a photographer or videographer to capture all the action of the Great Apple Crunch!
- The Crunch makes a great fundraiser! Provide locally-sourced apples, and ask participants to make a donation for their apple.
- Post photos to Facebook using [#GreatAppleCrunch](#), [#WIAppleCrunch](#), [#WIF2S](#) & [#F2SMonth](#)

## → KEEP THE CRUNCH GOING ALL DAY!

- Taste test multiple apple varieties and vote on your favorite.
- Feature a local apple recipe in your cafeteria or catering on Crunch day.
- Invite a local farmer to join your Crunch.
- Arrange an event to a local orchard. Pick your own apples and Crunch under an apple tree.
- Lead a hands-on cooking class for staff featuring a fresh, healthy apple recipe.
- Ask all staff to dress in the color of their favorite apple!
- Bring fresh-pressed apple cider, or warm mulled cider in a crock pot.

# 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 [#GreatAppleCrunch](#), [#WIAppleCrunch](#) and [#F2SMonth](#). On Facebook, repost the "We Registered" badge, and share the Crunch Countdown posts.
- 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 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 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! Post to your page and with the Great Apple Crunch pages too!  
Facebook: [www.facebook.com/GreatLakesGreatAppleCrunch](http://www.facebook.com/GreatLakesGreatAppleCrunch) ↗
- Use the hashtags **#GreatAppleCrunch #F2SMonth #WIAppleCrunch and #WIF2S** to share your images on Facebook.

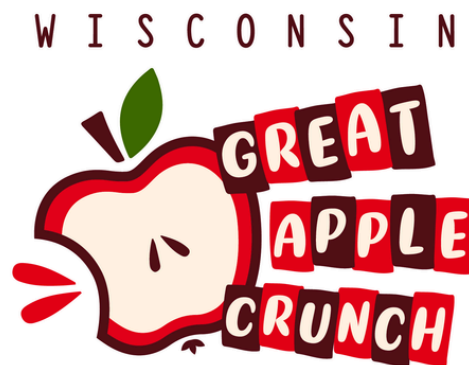


Important reminder:  
Make sure you have  
appropriate photo release  
forms for youth featured in  
your Great Apple Crunch  
photos.

# GREAT LAKES APPLE CRUNCH LOGO

Don't forget to download your copy of the Great Apple Crunch logo. Use the logo to promote the Great Apple Crunch around your community, on your website, and on social media.

Customize promotional items like posters, blog posts, and social media content with the Great Apple Crunch logo. Access [PDF](#) or [JPEG](#) files to download and add to your materials.



## FOR MORE INFORMATION

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Register on our website:  
[healthyliving.extension.wisc.edu/events/apple-crunch/](https://healthyliving.extension.wisc.edu/events/apple-crunch/)

Discover Farm to School Month:  
[www.farmentoschool.org/our-work/farm-to-school-month](http://www.farmentoschool.org/our-work/farm-to-school-month)

Learn more about farm to early care and education in Wisconsin:  
[dpi.wi.gov/community-nutrition/cacfp/farm-2-ece](http://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece)

Dig into Wisconsin Farm to School:  
[dpi.wi.gov/school-nutrition/farm-to-school](http://dpi.wi.gov/school-nutrition/farm-to-school)  
[datcp.wi.gov/Pages/Growing\\_WI/FarmToSchool.aspx](http://datcp.wi.gov/Pages/Growing_WI/FarmToSchool.aspx)