

You're invited to CRUNCH for healthy school food!

The Great Big Crunch is a great way to get students excited about Nutrition Month™. This event celebrates the importance of healthy food in schools and highlights the availability of locally grown apples all year round.



Getting Started



Choose a date

The official Great Big Crunch date for 2023 is March 9th, but you can crunch anytime!



Choose a time & location

Apples can be enjoyed anywhere, from the classroom to the cafeteria! Try serving at breakfast, recess or as an afternoon activity.



Register

Count your crunches towards the grand total, no matter when you do it or what you crunch, by registering at: healthyschoolfood.ca/great-big-crunch.



Tell your community

Invite politicians, media, parents or farmers to participate from their homes or workplaces. Let them know the importance of nourishing food in schools!



Buy apples

Purchase locally grown apples (or other crunchy vegetables or fruits) from your local grocer, farmers' market or wholesaler.



Crunch & share!

Take some photos, tell your story and share it with Nourish on Twitter/Facebook using [@NourishNS](#), on Instagram using [@Nourish_NS](#), or with [#GreatBigCrunch](#).



[Click HERE](#) for student-approved Great Big Crunch classroom activities

