

# UTAH APPLE CRUNCH GUIDE

## 2018



The Utah Apple Crunch  
is Wednesday, October 17<sup>th</sup>, 2018!

Join us in celebrating Utah food and farms by crunching into a delicious  
local apple.



Utah State  
Board of  
Education

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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 17<sup>th</sup>, 2018** 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.

This year Utah is competing against Wyoming, Montana, and Nebraska to see who can crunch into the most local apples!

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 7!

If your school or childcare center is unable to participate on the 17<sup>th</sup>, 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>

and here: <https://www.fns.usda.gov/farmtoschool/celebrate-national-farm-school-month>





## Getting Started

Follow these six steps to make sure your crunch is a resounding success!



### Register Your Crunch

This year there is a contest between Utah, Wyoming, Montana, and Nebraska to see who can crunch into the most local apples! Make your crunch count and enter to win some prizes! Register your apple crunch at: <https://tinyurl.com/UTAppleCrunch2018>



### 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 17.



### 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.



### 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.



### 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 15) to publicize your event to local media, and the hashtags **#NSLW18**, **#UTAppleCrunch**, **#F2SMonth**, **#farmtoschool**, and **#CrunchOff** to celebrate on social media and promote the competition!



### 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 17) 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

<b>Allred Orchards</b> (801) 377-0748 2109 N University Ave, Provo	<b>Little America Organic Orchards</b> Phone: (435) 867-4532 or (435) 590-4576 748 N 175 E, New Harmony	<b>Royal Apple Sales</b> Phone: (801) 754-5600 550 N 400 E St, Santaquin
<b>Kohles' Family Farm</b> Phone: (801) 604-7440 www.kohlesfamilyfarm.com 388 Boynton Rd, Kaysville	<b>Olsen Orchard</b> Phone: (435) 753-1837 298 East 2100 South, Providence	<b>3 Squares Produce Farms</b> Phone: (801) 243-2801 162 S Orchard Drive, Bountiful Or West Valley City
<b>Pleasant Grove Guernseys</b> Phone: 801-785-7660 or 801-830-3591 840 Grove Creek Dr. Pleasant Grove	<b>Riley Farms</b> Phone: (801) 592-4709 2055 South Hwy 89, Perry	<b>Paradise Valley Orchard</b> Phone: (435) 245-6203 Email: pvorchard@gmail.com 9971 South Highway 165, Paradise
<b>Burgess Orchards</b> Phone: (801) 554-6317 645 S Alpine Hwy, Alpine	<b>Mountainland Apples</b> Phone: (801) 754-5601 or (801) 754-3301 PO Box 667, Santaquin	<b>Tagge's Famous Fruit</b> Phone: (801) 755-8031 US-89, Perry (have fruit stands all over)
<b>Pettingill's Fruit Farm</b> Phone: (801) 782-8001 8815 US-89, Willard	<b>Pyne Farms</b> Phone: (801) 874-7057 or 801 319 7974 293 S 900 E, Payson	<b>Zollinger Fruit &amp; Tree Farm, Inc</b> Phone: (435) 752-7810 1000 River Heights Blvd., Logan
<b>Fowers Fruit Ranch LLC</b> Phone: (801) 754-3966 or (801) 310-5821 215 South 800 East, Genola	<b>Riley Farm Fresh</b> Phone: (801) 420-6352 or (801) 465-9411 450 Apple Lane, Payson	 <p>                     Do you know a farmer who should be on this list? Email <a href="mailto:kate.wheeler@schools.utah.gov">kate.wheeler@schools.utah.gov</a> so that we can make sure they're included!                 </p>
<b>Rowley's Red Barn</b> Phone: (801) 754-5511 901 South 300 West, Santaquin	<b>Rileys' U-Pick</b> Phone: (801) 420-6352 314 North 800 East Genola	

## 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 7-9 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>

**Easy Applesauce:** <https://tinyurl.com/mt-applesauce>

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

**US Apple Association:** <http://usapple.org/recipe-kitchen-tips/find-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/compare 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.

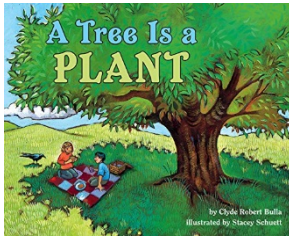
**Find additional learning activities at the links below:**

- Apples: A Class Act (Grades Pre-K-3): <https://tinyurl.com/applesclass>
- Harvest of the Month: Apples (All Grades): <https://tinyurl.com/Vermontharvestofthemoth>
- Freshest Fruits (Grades K-2): <https://tinyurl.com/freshestfruits>
- A is for Apples (Grades K-2): <https://tinyurl.com/aisforapples>
- Apple Science: Comparing Apples and Onions (Grades 3-5): <https://tinyurl.com/apples-onions>
- Food Miles Lesson (Grades 5-8): <https://tinyurl.com/foodmileslesson>
- Apple Genetics (Grades 6-8): <https://tinyurl.com/applegenetics>
- Enzymatic Browning (Grades 6-8): <https://tinyurl.com/foodmaster>
- Farm to School Youth Leadership Curriculum (Grades 11-12): <https://tinyurl.com/Farm2School-IATP>

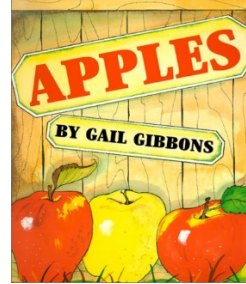


Suggested Reading

A Tree is a Plant by Clyde Robert Bulla



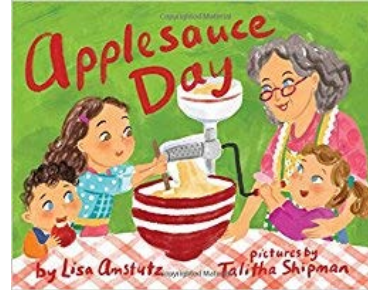
Apples by Gail Gibbons



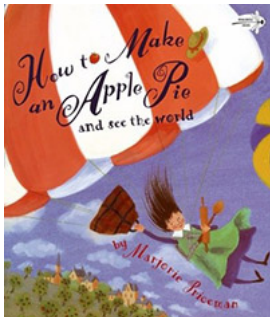
The Seasons of Arnold's Apple Tree  
by Gail Gibbons



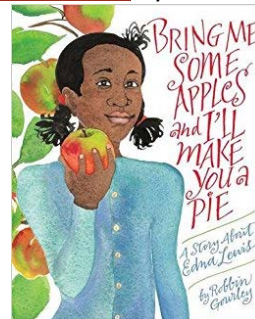
Applesauce Day by Lisa Amstutz



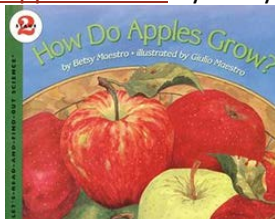
How to Make an Apple Pie and See the World  
by Marjorie Priceman



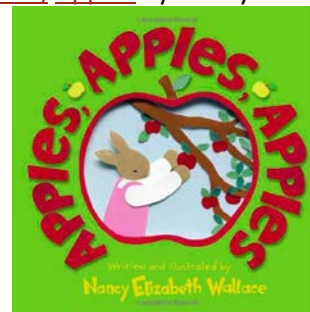
Bring Me Some Apples and I'll Make You a Pie: A Story About Edna Lewis  
by Robbin Gourley



How Do Apples Grow? by Betsy Maestro

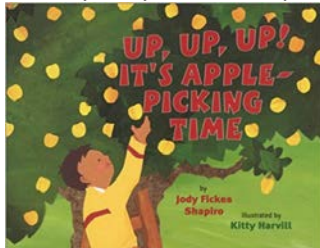


Apples, Apples, Apples by Nancy Elizabeth Wallace

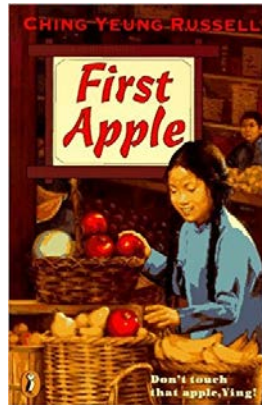




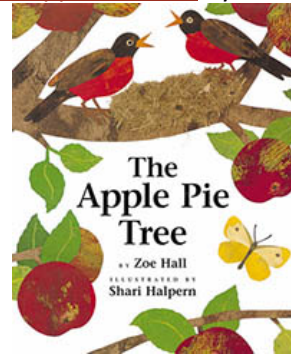
Up, Up, Up! It's Apple Picking Time by Jody Fickes Shapiro



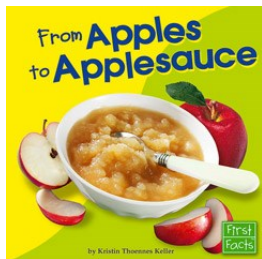
First Apple by Ching Yeung Russell



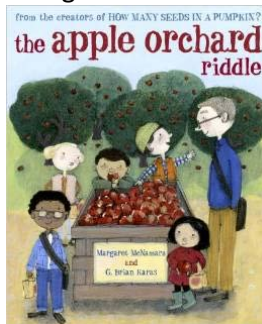
The Apple Pie Tree by Zoe Hall



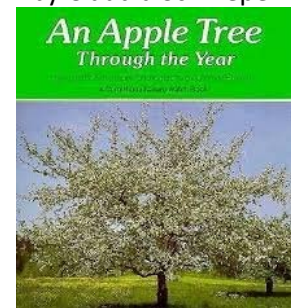
From Apples to Applesauce by Kristin Thoennes Keller



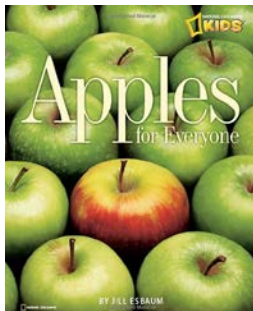
The Apple Orchard Riddle by Margaret McNamara



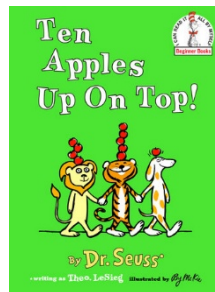
An Apple Tree Through the Year by Claudia Schnieper



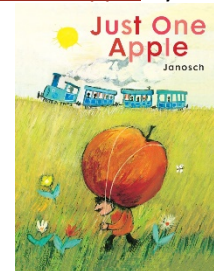
Apples for Everyone by Jill Esbaum



Ten Apples Up On Top! by Dr. Seuss



Just One Apple by Janosch



## 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 15) 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 16.
- Amplify your posts by using the hashtags **#UTAppleCrunch**, **#F2SMonth**, **#CrunchOff**, **#farmtoschool**, and **#NSLW18** to share your images on Twitter, Instagram and Facebook.



## Logos and Posters

Click on each logo or poster to download it for use in your own Apple Crunch promotional materials. Free stickers and additional materials can be ordered here: [Promotional Materials Order Form](#). Orders must be placed by October 1, 2018.



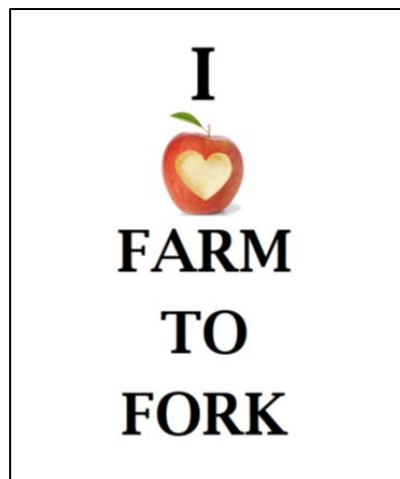
NATIONAL  
FARM to  
SCHOOL  
MONTH



*How do ya like them apples?!*



#UTAppleCrunch #F2SMonth #NSLW18  
#farmtoschool





## "An Apple A Day Keeps the Doctor Away!"

This is a saying that has been around for a long time. Eating an apple every day doesn't mean that you will never see a doctor. Apples can keep you healthy though. This is because apples are full of nutrients such as fiber and antioxidants. Learn more about apples below:

Fiber is a hard substance that plants, like apples, make. Eating lots of fiber helps your digestive system stay healthy.

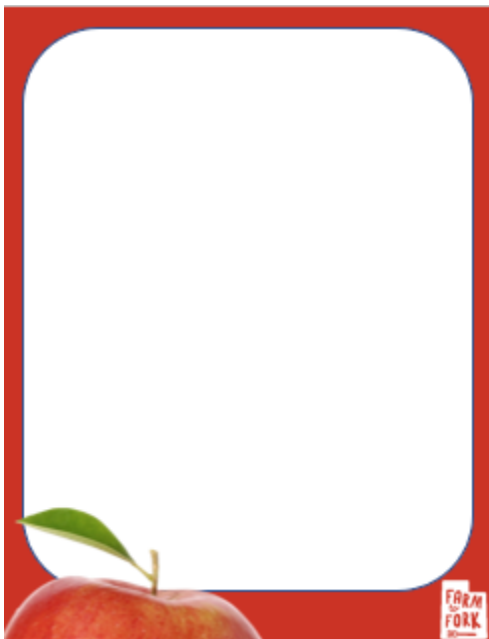
It takes about 36 apples to make a gallon (the size of a milk jug) of apple juice!

Antioxidants are like small super heroes that protect your body from cancer.

More than 2,500 varieties of apples are grown in the United States!

Apples stay good in the refrigerator for 6-8 weeks!

Apples are grown in all 50 states.



## 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}, 2018

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 17<sup>th</sup> 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/UTAppleCrunch2018>

-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](mailto:brett.milliken@jordandistrict.org)

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

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

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

