



# 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 will be crunching into locally grown apples to celebrate agriculture, nutrition and National Farm to School month!

### When is the NC Crunch?

**NOON on Tuesday, October 24, 2017**

\*Suggested date/time – Any time on October 24 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 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](mailto:ncfarmtoschool@ncagr.gov). The top 3 entries will be awarded with gift cards.

1<sup>st</sup> place - \$250, 2<sup>nd</sup> place - \$150, 3<sup>rd</sup> place - \$100





# 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](mailto:ncfarmtoschool@ncagr.gov) by 5:00 p.m., Friday, November 10, 2017.

Contact Name: \_\_\_\_\_

Title/Role: \_\_\_\_\_

Name of Early Care/School Site: \_\_\_\_\_

County or School District: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Description of your NC Crunch event(s):

