



# Southeast Crunch

#NCcrunch

#SEcrunch

#F2Smonth



## What is the Southeast Crunch?

## How can I participate?



Farm to School  
COALITION OF NC

An effort among the Southeast states to crunch into locally grown fruits and vegetables during National Farm to School month in October. North Carolina will be crunching apples from the western part of our state.

### Sign up!

Visit <http://growing-minds.org/southeast-crunch/> and select "North Carolina" to sign up.

### Plan your event

Once registered, you will receive a *Crunch Guide* to help in planning your events.

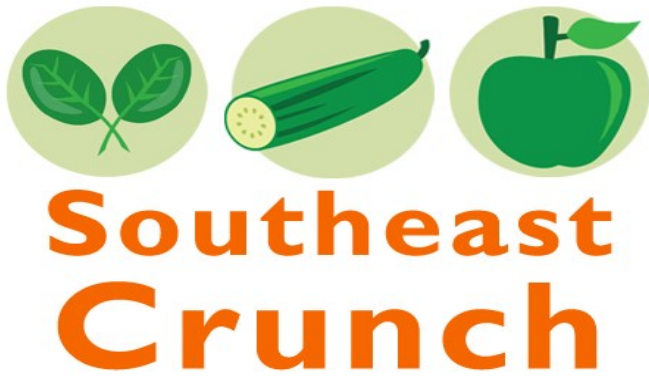
### Post your activities online

Take pictures and post them to social media with #NCcrunch, #SEcrunch and #F2Smonth

### Submit your event(s) for recognition.

The NC Farm to School Cooperative is sponsoring a contest to recognize NC schools for their promotion of NC fruits and vegetables during October. Put together photos and a description of your events and email those, and the entry form, to [ncfarmtoschool@ncagr.gov](mailto:ncfarmtoschool@ncagr.gov). First through third place will be awarded with prizes of \$250, \$150 and \$100 gift cards awarded.

For more information visit [www.ncfarmtoschool.com](http://www.ncfarmtoschool.com) or email [ncfarmtoschool@ncagr.gov](mailto:ncfarmtoschool@ncagr.gov)



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## Entry Form

Thank you for your interest in the Southeast Crunch contest sponsored by the NC Farm to School Cooperative. Please return this form with your entry. All entries are due by 5:00 p.m. on Friday, November 11, 2016. Email entries to [ncfarmtoschool@ncagr.gov](mailto:ncfarmtoschool@ncagr.gov).

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

School Name: \_\_\_\_\_

School District: \_\_\_\_\_

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

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

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

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

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