



Montana Crunch Time

September 29, 2016 – 3:00pm – 4:00pm MST

+ Presenters

Aubree Roth

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MT State Lead | Nat'l Farm to School Network

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www.montana.edu/mtfarmtoschool





What is MT Crunch Time?



Montana



Crunch Time

Join preschools, schools, colleges and individuals across Montana in celebrating Food Day and National Farm to School Month by crunching into locally and regionally grown apples on

October 24th
at **2:00pm** MST.

For more information about Montana Crunch Time, to register and receive your guide, visit

montana.edu/mtfarmtoschool

Be sure to collect a “crunch byte” (video, photos, or audio) to share!



MONTANA
HEALTHY
FOOD AND
COMMUNITIES
INITIATIVE



NATIONAL
FARM *to*
SCHOOL
MONTH



www.farmtoschoolmonth.org



www.foodday.org



Get Crunchin'



Register Your Crunch

★ denotes required fields.

First Name ★

Last Name ★

School/Organization/Business ★

City ★

Email Address ★

Phone ★

Approximately how many children (under 18) will be participating in your Crunch Time event? ★

Approximately how many adults will be participating in your Crunch Time event? ★

Please list your Montana Crunch Time event partners and special guests:

Any Questions?

Download Resources

■ Promoting Crunch Time

- [Montana Crunch Time Flyer](#)
[Montana Crunch Time Modifiable Flyer](#)
[Montana Crunch Time Modifiable Fill-in Flyer](#)
[Montana Crunch Time Logo](#)

■ Montana Crunch Time Guide

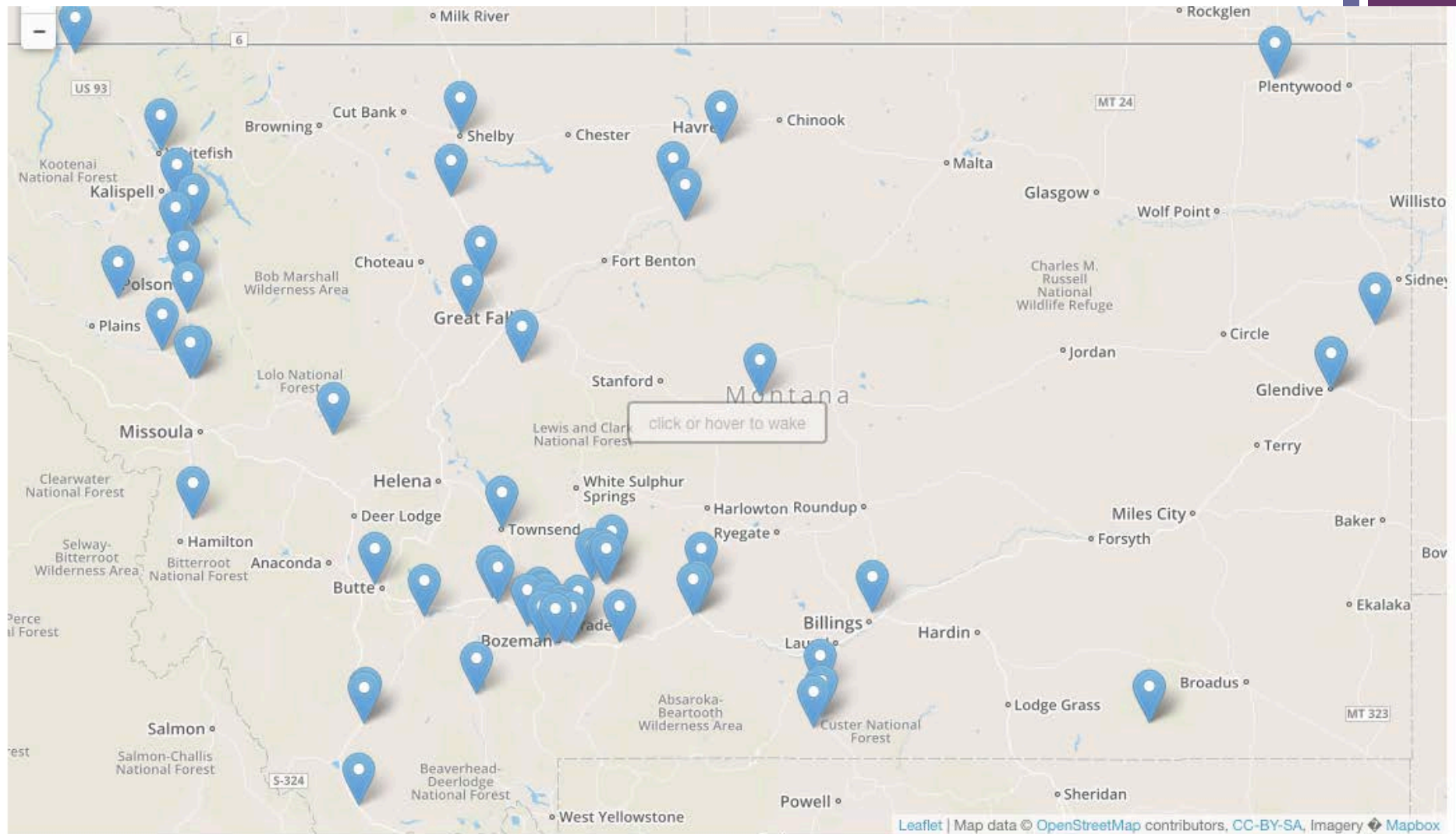
- [Get Your Apples](#)
[Crunch in the Classroom](#)
[Crunch in Early Childcare and Education](#)
[Montana Crunch Time Fun Sheet for Kids](#)
[Community Crunch](#)
[Promoting Your Event](#)
[Additional Resources](#)
[Release Form](#)

■ Recipes for Food Services

■ Recipes for Home or Classroom



Farm to Cafeteria Producer Map

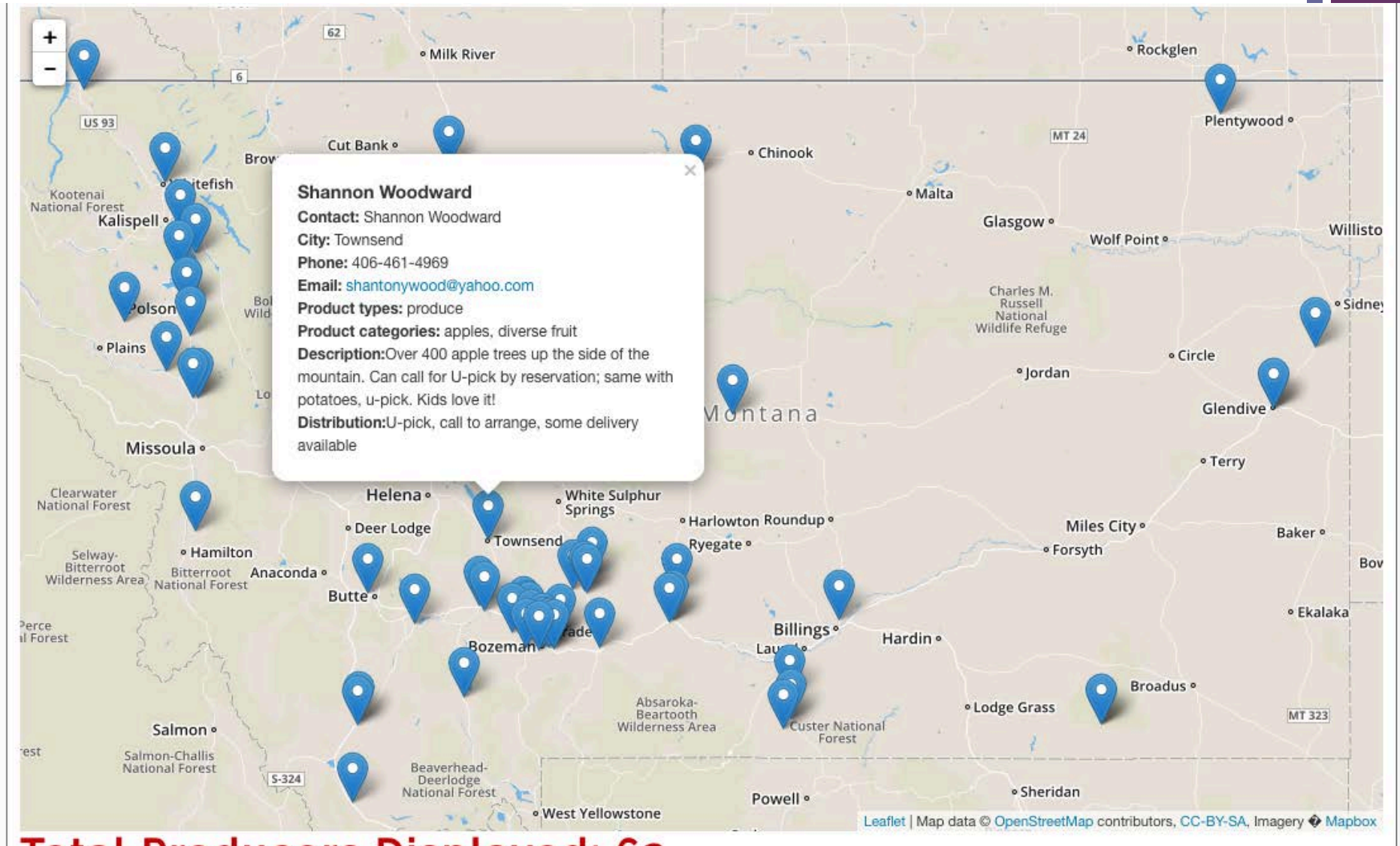


Total Producers Displayed: 60

<http://farmtocafeteria.ncat.org/producers/>



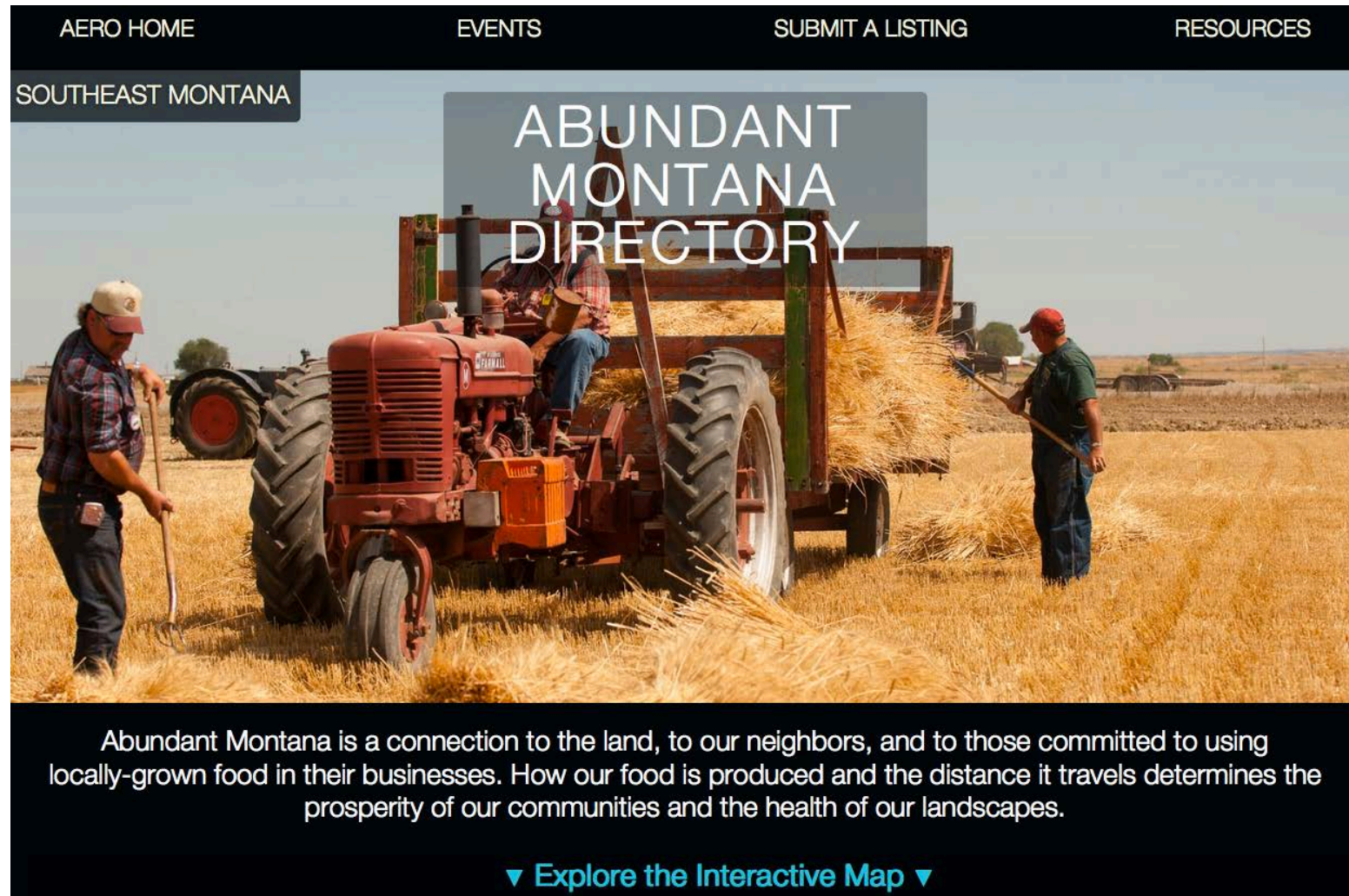
Farm to Cafeteria Producer Map



Total Producers Displayed: 60

<http://farmtocafeteria.ncat.org/producers/>

+ Abundant Montana Directory



<http://aeromt.org/abundant>



Grown in Montana Database

MADEINMONTANAUSA

[Join The Program](#) | [Member Resources](#) | [Made in MT Trade Show](#) | [Contact Us](#) | 

PRODUCTS

SHOP

EAT & DRINK

[Instructions](#) | [How Do I](#) | [Feedback](#) | [Contact](#)

SEARCH RESULTS

12 businesses found for 'apple'

BUSINESS	PRODUCT DESCRIPTION	CITY
Anderson Orchards	Apples & Raspberries Strawberries & Tomatoes Fresh Herbs & Apple Butter Raspberry & Strawberry Jam	RUDYARD
Fat Robin Orchard & Farm	DRIED CHERRIES CHERRY MOLASSES CIDER MOLASSES ARTISINAL JAMS Delicious organic CHERRIES available throughout the More..	POLSON
Gourdy Girls	Gourdy Girls-Specializing in unique and creative gourds	FROMBERG
Healthy Harvest Fruits	Apples, Pears & Plums	STEVENSVILLE

FIND IT FAST

Keyword:




Categories:

Select one or more options.

City:

More Options:

(Choose All That Apply): 

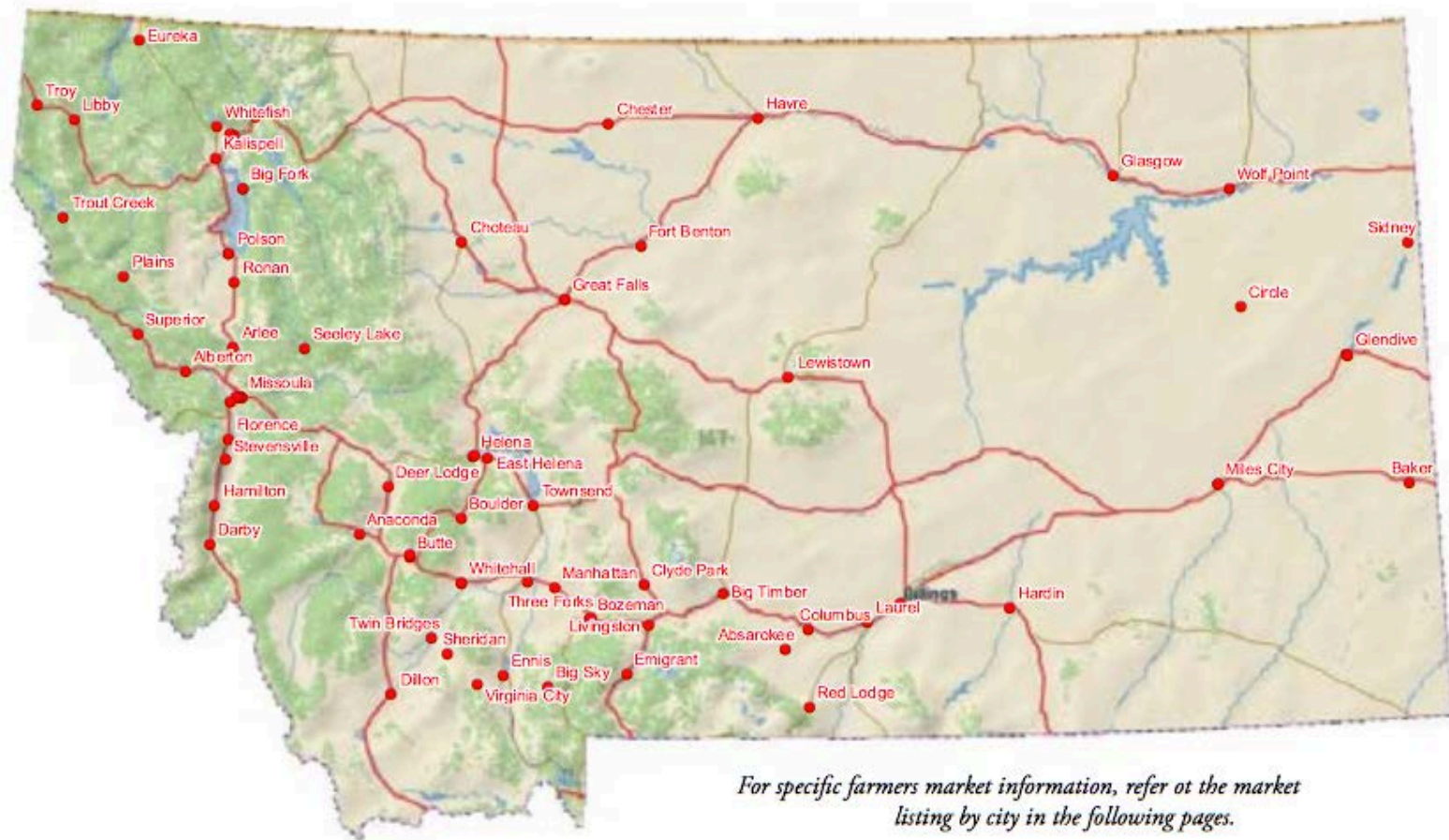
☐ Online Shopping

<http://www.madeinmontanausa.com/growninmontana.aspx>



Farmers Markets

2016 Montana Farmers Markets



For specific farmers market information, refer to the market listing by city in the following pages.

<http://agr.mt.gov/agr/Programs/FarmersMarkets/>

+ Grocery Stores, Distributors



+ Promoting Your Event

- Print flyers
- Bulletin boards
- Email or print newsletter
- Announcements
 - During meetings, school announcements, etc.
- Community or event calendars
- Contact news media
 - Helpful resources: Sample press release, logo, flyer
- Social media
 - Use: #MTCrunchTime



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Plevna Schools participate in Montana Crunch time

OCTOBER 30, 2015 IN [SCHOOLS](#)

f t g+ p in



Nicole Buerkle, business manager, shared with the students that Montana Crunch time is a statewide event held Oct. 26, 2015 at 2 p.m. to celebrate Food Day and National Farm to School Month in Montana schools. The Plevna School celebrated Montana Crunch time with every student and teacher crunching into locally and regionally grown apples. The Plevna students and staff had an opportunity to sample four different types of apples: Honey Crisp, Fuji, Jazz and Gala.

After they were done testing all four types of apples, the 70 apple crunchers each voted for

+ Share Your Crunch Byte

- Social media
 - Use: #MTCrunchTime
 - #farmtoschoolmonth
- Email media stories, photos, video, etc. to:
aubree.roth@montana.edu
 - Use OPI Photo Release Form (with guide)
- Share Your Story form
 - <http://www.montana.edu/mtfarmtoschool/connect/share-story.html>





Crunch at School

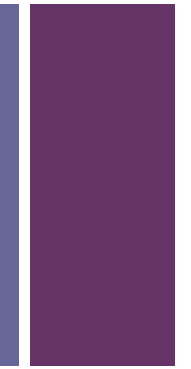


+ Where to Crunch



+ Buying Apples

- Work with food service staff
- Follow procurement & food safety best practices and regs
 - More information:
<http://www.montana.edu/mtfarmtoschool/resources/school-food.html>
- Utilize Fresh Fruit & Vegetable Snack Program funds
 - Pair with educational activity
- Purchase smaller apples
 - More affordable, readily available through local producers





Education

- MT Crunch Time Guide
 - Activity ideas
 - Fun facts
 - Lesson plans
 - Activity sheet for kids
- Taste test varieties
- “Farmer” in the classroom
- Videos
 - Super Food Fun Facts:
<https://youtu.be/HD4o26HcHi0>
 - How Does it Grow?:
<https://youtu.be/UWLmEh1HIBw>





MT Harvest of the Month 2016/17



Sept– Summer Squash



October – Kale



November – Apples



Dec – Winter Squash



January – Carrots



February – Beets



March – Beef



April – Grains



May – Lentils



June – Leafy Greens

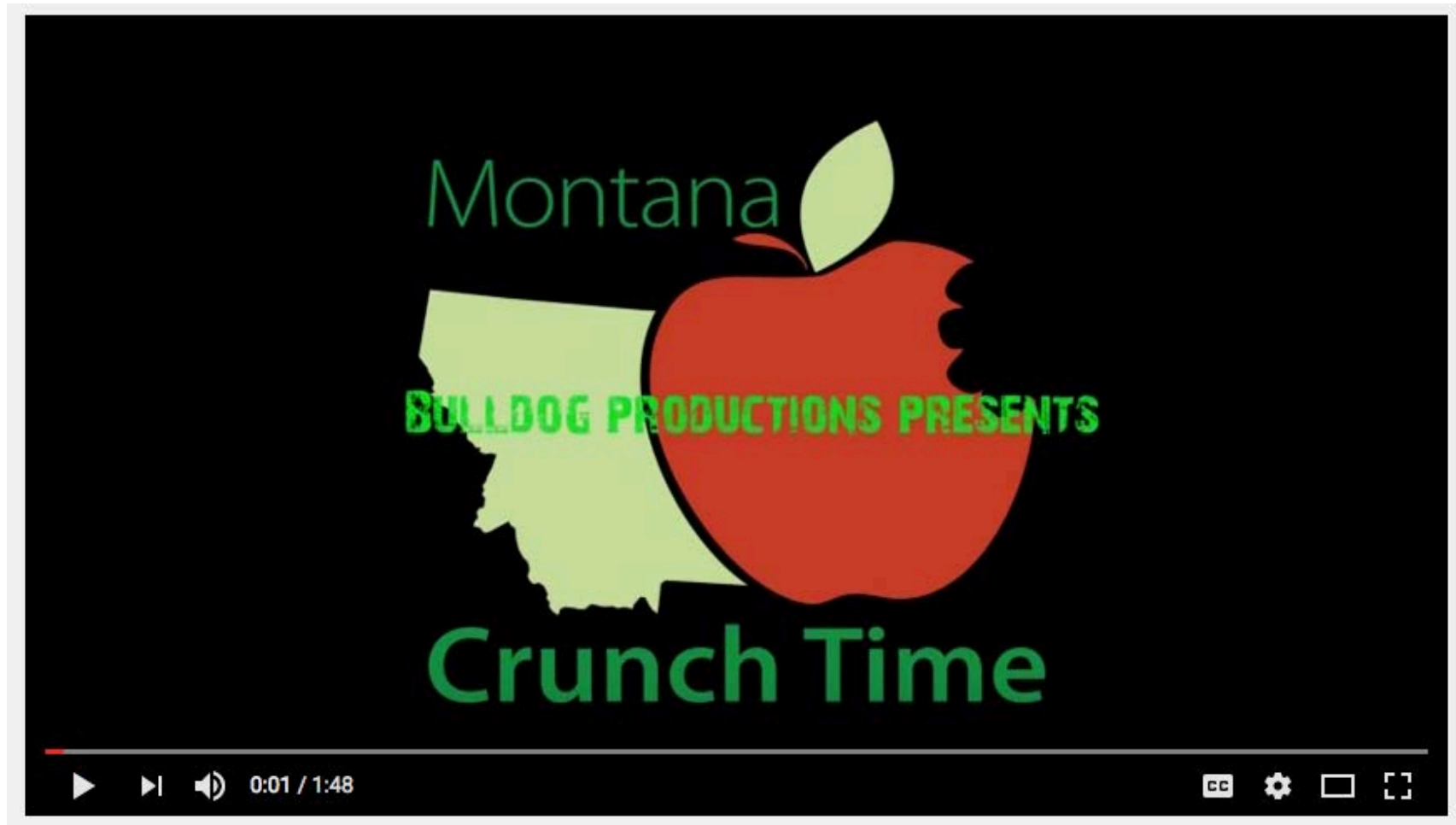
Montana Menu Boards

Contact:

aubree.roth@montana.edu



+ Whitefish Public Schools



<https://www.youtube.com/watch?v=oKKQPIZpTes>

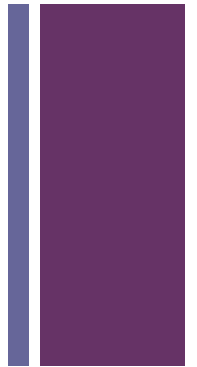


The Littlest Crunchers





Buying & Serving Apples - ECE



- Work with food service staff
- Follow procurement & food safety best practices and regs
 - More information:
<http://www.montana.edu/mtfarmtoschool/resources/school-food.html>
- Utilize CACFP Snack Program funds
 - Pair with a protein for a reimbursable snack
- Slice apples, purchase smaller apples.



Education – Early Childhood

- MT Crunch Time Guide
 - Activity ideas
 - Fun facts
 - Lesson plans
 - Recipes
 - Early care & education handout
- Taste test varieties
- “Farmer” in the classroom
- Videos
 - Super Food Fun Facts:
<https://youtu.be/HD4o26HcHi0>
 - How Does it Grow?:
<https://youtu.be/UWLmEh1HIBw>



+ Community & Workplace Crunches



All Are Welcome!

- All Montanans encouraged to join wherever you are!
- Healthcare facilities, colleges, workplaces, businesses, community groups
- Post the flyer at your workplace or community center.
- Email it to coworkers or other potential participants.
- Announce Crunch Time at a work meeting or gathering.
- Create Crunch competitions between departments or organizations.
- Remember Social Media #MTCrunchTime



+ Office of Public Instruction



It's Crunch Time, Montana!



Montana Office of Public Instruction

<https://youtu.be/sSv4Zlt0gVw>

+ Ready to Crunch?

1. Register your crunch
2. Download resources
3. Schedule & plan your event
4. Share your story

www.montana.edu/mtfarmtoschool

+ Questions?

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