



Save the Date!
CRUNCH OFF 2020 is
October 22nd

*or October date of your
choice*

Register for the Crunch Off
event at:
<https://www.surveymonkey.com/r/535866Q>

Crunch Off to Celebrate October Farm to School Month

Join in celebrating October Farm to School month and seasonally available produce offered locally by biting into a local apple, or other crunchy fruit/vegetable October 22nd, 2020 (or October date of your choice). Nebraska is participating in the Mountain Plains **Crunch Off**, an eight state competition (CO, KS, MO, MT, ND, SD, and WY). The state with the most crunches per capita is crowned the champion. Nebraska was the 2019 Mountain Plains Region Crunch Off champion and is looking to defend the title.

The **Crunch Off** event encourages healthy eating, supports local agriculture, and helps students and community members gain a deeper understanding of the food system. Crunch Off with schools, early childhood institutions, farmers, community members, businesses and local food enthusiasts to celebrate Farm to School Month

For more information on how to participate in the **Crunch Off**, contact Marla Kurtenbach at marla.kurtenbach@nebraska.gov or Sarah Smith at sarah.e.smith@nebraska.gov and visit the Farm to School webpage <https://www.education.ne.gov/ns/national-farm-to-school-month/>