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The

Great Big Crunch

What an *a-peeling* way to spend the day!



All about us...

FoodShare Toronto believes that all children and youth should learn to grow, cook and know good, healthy food.

Through the Field to Table Schools program, the food system is brought to life with hands-on activities and workshops. Students from JK to Grade 12 learn about composting, school food gardens, nutrition, cooking, local and global food systems, and more.

The Great Big Crunch has been a Field to Table Schools initiative for the past 3 years.

To learn more, visit our website at www.foodshare.net.

How to Get Crunching...

Join students across Canada in taking one big bite towards healthy living through healthy eating.

FoodShare's **Great Big Crunch** invites students and teachers to learn about healthy eating and local and global food systems while following the journey from the apple seed to the harvest, to the market and to the core.

To take part, simply fill out the registration form on the reverse and fax it back to 416.363.0474, Brooke Ziebell, Field to Table Schools.

Save the Date!

Thursday, March 11th
2.30pm Eastern Standard Time

FoodShare
Good Healthy Food for All

www.foodshare.net





The Great Big Crunch -REGISTRATION FORM -

- Yes! I would like to join other teachers and students across Canada for a nation-wide synchronized apple crunch! (please fill out below and fax to 416.363.0474)

School Name: _____

School Address: _____

School Phone Number: () _____

School Fax Number: () _____

Teacher Contact Name: _____

Teacher Phone Number: () _____

Number of Participants: _____

When will you be taking The Great Big Crunch?

Thursday March 11th, 2010 E.S.T

Other: _____

Did you take the "Crunch" last year?

Yes/ No

How did you hear about The Great Big Crunch?

Beyond Registration:

- Download FoodShare **Great Big Crunch** classroom activities, available from February 22nd, 2010 at www.foodshare.net, or develop your own. To share your apple activities or photos with others, please forward them onto us at thegreatbigcrunch@foodshare.net, we'd love to see them!
- Purchase local apples for the **Great Big Crunch** from your local green grocer, farmer's market or supermarket. For those in Toronto, you have the option of ordering from the FoodShare warehouse. For more information, email thegreatbigcrunch@foodshare.net or call 416.363.6441 ext 278.
- On Thursday, March 11th, run the **Great Big Crunch** in your classroom and enhance your students' understanding of the food system through the journey of an apple from seed to table. Distribute the apples to your students and on your count, have the whole class take a **Great Big Crunch** at 2.30pm!