

The Great Big Crunch

On Thursday March 12th 2015 join Canada in taking one big bite towards healthy living.

The 'Great Big Crunch' invites schools to learn about healthy eating and local and global food systems by using apples as the centerpiece for activities on cooking and tasting, nutrition, soil and composting, sustainability, and community development.

Why:

- To celebrate nutrition month
- To promote healthy snacking
- To highlight availability of local apples and other foods all year round

How:

- Purchase **local** apples for the Great Big Crunch.

A few local suppliers:

Belliveau Orchard (506) 758-2325

La Fleur de Pommier (506) 576-7946

- On the days leading up to the Great Big Crunch, enhance understanding of the food system using activities in the link below. Distribute the apples and on your count have the group take a Great Big Crunch at once!

- You can register your class and find activities at

<http://www.foodshare.net/great-big-crunch>

We would love to hear about your Great Big Crunch Activities. If you would like to share a description of your activity and photos, please send to Darlene MacDonald at darlene.macdonald2@gnb.ca

**Please note, photos may be published in local media*

