



NORTH DAKOTA DEPARTMENT OF
PUBLIC INSTRUCTION



North Dakota Crunch Off October 5-9, 2020

October is Farm to School Month! To celebrate, states throughout the Mountain Plains Region are competing in a “Crunch Off.” Crunch Day in North Dakota is October 7, 2020, but you can crunch anytime during that week. Join The North Dakota Department of Agriculture and the North Dakota Department of Public Instruction in a competition with South Dakota, Montana, Colorado, Missouri, Kansas, Nebraska, and Wyoming to see who can get the most “crunches” into local produce. Even though this is called an apple crunch, there are other great options if apples are unavailable. You can crunch into any vegetable that will crunch! If you are looking for local and aren’t sure where to start, check out the Local Foods Directory Map accessed here: <https://www.nd.gov/ndda/NDLFMAP>.

Any group can join the fun, but you have to register to be counted towards the competition.

As a Crunch Off participant, you will join students, teachers, farmers, parents, community members, and local food enthusiasts in celebrating the wonderful produce the Mountain Plains Region has to offer. Your Crunch efforts will encourage healthy eating and support local agriculture.

Contact information for Registration Link and Toolkit:

Please register your group here: <https://www.surveymonkey.com/r/535866Q>

North Dakota Department of Public Instruction:
Deb Egeland, 328-3718 or degeland@nd.gov

North Dakota Department of Agriculture:
Jamie Good, 328-2659 or jgood@nd.gov
Melanie Gaebe, 328-4764 or mgaebe@nd.gov

Register today and let’s beat the other states!