

What is the Mountain Plains Crunch Off?



<https://www.surveymonkey.com/r/79XXHNM>

You must register on the link to be counted so we can win! No reporting after that.

You could use apple slices, cucumber slices, carrots. It could be any time from September 16 to October 15. Any group or business can participate, even individuals.

In schools, it could even be at lunch or the FFVP break so parents do not have to send the crunchy item.

For a complete Crunch Off Tool Kit contact: Deb Egeland: degeland@nd.gov; Rhonda Amundson: rhondaamundson@nd.gov; Kara Haff: khaff@nd.gov

September 16 is Pride of Dakota/Ag in the Classroom School Lunch Day. Serve ND products!

Coming this Fall: **Harvest of the Month** cafeteria kits featuring North Dakota Crops with Bulletin Board kits, recipes and Ag in the Classroom Calendars featuring student artwork.



In celebration of Farm to School Month, States throughout the Mountain Plains Region (CO, MT, MO, KS, NE, ND, SD, WY) are competing to see which State can get the most “crunches” into a local apple, or other local produce, per capita.

Register! If you would like to host a Crunch event, register your event here: