



- We are in a Crunch Off Competition with South Dakota, Montana, Kansas, Missouri, Nebraska, Colorado and Wyoming. We want North Dakota to win!
- **Conduct a 'crunch' any day from September 26th until October 21st.** Gather a group of individuals who are excited about Farm to School and Local Food. Then celebrate local produce in our schools with everyone crunching on the selected day.
- North Dakota chose September 26 to kick off the Crunch Off since it is Johnny Appleseed's Birthday. You might consider exploring this individual's impact on the American landscape and capturing your crunch in his honor. There are many other days and ways to crunch though.
- You must be registered to be counted. Registration link:
https://ksde.sjc1.qualtrics.com/jfe/form/SV_d9VPRUhjrVr5ppc Or use the QRC below.
- **What to do to celebrate:** Register your school, plan to serve something 'crunchy', such as a fresh apple, cucumber or carrot (preferably something grown locally) at breakfast, lunch or another time during the school day, maybe FFVP.
- Any individual or group can participate. Promote the Crunch Off locally, as you prefer!
- We need schools, businesses, or anyone else in your community to register and participate for it to count towards our final number. This is a friendly competition between MPRO States: CO, MO, MT, KS, SD, ND, WY, NE to win bragging rights.
- Click the link below for a 2 minute video to use in marketing the Crunch Off:
[Join in the 2022 Mountain Plains Crunch Off - YouTube](#)
- Let's go for the WIN!!!
#MountainPlainsCrunchOff

More Information? Contact Deb Egeland at NDDPI Child Nutrition

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or Kara Haff at ND Dept of Agriculture

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QR code is the
Registration Form

