**USDA Crunch Off Registration is Open!**

What is the Mountain Plains Crunch Off?

To celebrate **Farm to School Month** (October), States throughout the Mountain Plains Region (CO, MT, MO, KS, NE, **ND,** SD, WY) hold a friendly competition to see which State can get the most “crunches” into local produce and other foods, per capita. Even if you can’t purchase ND foods, you can still participate and register for your event. It’s also fun to celebrate eating healthy!

**Crunch Off participants** - including students, teachers, farmers, parents, community members, and every North Dakota citizen - bite into local produce together (virtually or in person) to celebrate the wonderful fruits and vegetables grown in the Mountain Plains Region. Crunch Off events encourage healthy eating and support local agriculture while celebrating Farm to School Month and highlighting the strength a community gains from farmer-school food service partnerships.

**When is the Crunch Off?**

The Crunch Off takes place annually in October. North Dakota Crunch events can occur between October 1 and 31.

**How can I participate?**

Register your “Crunch” event at this link. Registration closes on October 31.

[North Dakota Crunch Off Event Registration 2024 (office.com)](https://forms.office.com/pages/responsepage.aspx?id=ZATqLVHaiEq64rPblLwMVLJEWFaJyxZGgBhQczEkoLpUNzJHS1hBVVZQQUNWTUlEQ0NEWkUyUU1SNiQlQCN0PWcu&route=shorturl)

Bringing people together to crunch into local produce is a great way to add fun (and nutrients!) to gatherings at farms and gardens or in schools, daycares, and classrooms. Consider including students, teachers, food service staff, administrators, the PTA, and community members to help you plan and promote your event.

**Source local food for your event.** Reach out to your Amanda Olson for ideas on how to get in touch with local producers. Other ideas include checking in with the ND Department of Agriculture (Katrina Hanenberg, kmhanenberg@nd.gov) or searching for farmer’s markets in your area, using DoD Fresh, talking with your Distributor about sourcing local foods, and working with a local farmer or rancher.

**Consider planning field trips and/or educational activities**. There are many ways to include educational pieces about farming, soil, the water cycle, photosynthesis, or other relevant topics during the week or day of the Crunch. Farm field trips are a great way to help students get excited about local produce, learn more about the food system, and have a successful Crunch! If a field trip isn’t feasible, consider having a local producer visit your school or facility to speak or conduct educational activities in school gardens or classrooms.