

# The Great Big Crunch

What an *a-peeling* way to spend the day!



## How to Get Crunching...

Join students across Canada in taking one big synchronized bite towards healthy living and healthy eating. Last year's 112,352 participants made the loudest coordinated crunch yet!

FoodShare's annual **Great Big Crunch** invites students and teachers to learn about healthy eating and local and global food systems while following the journey from the apple seed to the harvest, to the market and to the core.

To take part, simply fill out the registration form on the reverse and fax it back to 416.363.0474, Attention: Brooke Ziebell, Field to Table Schools.

**Save the Date for the 2012 Crunch!**

Thursday, March 8<sup>th</sup>

2:30pm Eastern Standard Time

## All about us...

FoodShare Toronto believes that all children and youth should learn to grow, cook and know good, healthy food.

Through the Field to Table Schools program, the food system is brought to life with hands-on activities, workshops and growing projects. Students from JK to Grade 12 learn about composting, innovative school food gardens, nutrition, cooking, local and global food systems, and more.

The Great Big Crunch has been a Field to Table Schools initiative for the past five years.

To learn more, visit our website at [www.foodshare.net](http://www.foodshare.net).



