

Nevada Crunch Off Guide

CRUNCH, MUNCH, or SIP on Local Nevada Foods



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What is a Crunch Off?

Nevada is celebrating its second annual Crunch Off this October as part of National Farm to School Month, marking an exciting step in the state's farm to school movement! Schools and communities across Nevada will participate by crunching into locally grown fruits or vegetables to promote healthy eating and local agriculture.

How to Participate?

Schools can participate in a Crunch Off through a variety of activities:

- Lunch Crunch – Serve fresh, locally sourced produce as part of school meals.
- Snack Crunch – Incorporate Nevada-grown snacks into classroom activities.
- Learning Bite – Teach students about food's journey from farm to table through engaging lessons.

Why Celebrate Crunch Off?

By taking part in Nevada's Crunch Off, schools help students connect with fresh, local foods while supporting farmers and nutrition education. This event fosters healthy habits, strengthens farm to school connections and makes nutritious eating fun for students across the state.

Get Involved!

Schools and educators can bring the Crunch Off to life by organizing special meal offerings, interactive lessons and fun, hands-on activities. There's plenty of room for creativity—make it unique to your school and community!

Looking for ideas to enhance your Crunch Off celebration? Check out the toolkit sections of this guide for engaging activities, lessons and local farm to school resources to make this event memorable.

Steps to Get Started

Getting ready for Nevada's Crunch Off? Follow these steps to plan an engaging and successful event!

1. Register Your Crunch!

Sign up to participate in Nevada's Crunch Off to ensure your school or organization is counted. Registration helps track involvement and provides access to state-specific resources. Plus, registered participants will receive Crunch Off stickers—while supplies last! Register [here](#)!

2. Build Your Crunch Team

Gather a group of passionate individuals to help plan and promote the event. Your team might include Students, Teachers, Food Service Staff, Administrations, PTA Members and Community Partners.

3. Choose Your Crunch & Source Locally

Decide which locally grown fruit or vegetable your school will crunch—while apples are a classic choice, any Nevada food works! You can even feature milk or any other local food product! Reach out to local farms, markets or distributors to source fresh products. Keep reading for tips to find local produce and products!

4. Develop Your Crunch Plan

Determine how and when your school will participate: Lunch Crunch, Snack Crunch, or Learning Bite. You can also tie the event to FFVP if your school participates!

5. Promote Your Crunch!

Spread the word through various channels to maximize participation:

- Social media (use event hashtags!)
- School newsletters and announcements
- Printed posters and flyers
- Local media outreach (press releases, community bulletins)

By taking these steps, your school or organization can help make Nevada's second annual Crunch Off a huge success while supporting local farms and fostering healthy eating habits.

How Can I Find Local Produce?

- Ask your distributor or meal vendor if they carry items raised or grown locally.
- Source local produce from a food hub.
- Find a local farmer or farmer's market.
- Check out our [Nevada Producer List](#)! Please note that we will keep this updated with any additions or changes.
- Check out these tips on [How to Connect with Farmers](#)!

Lunch Crunch Toolkit

 These activities are perfect for the school cafeteria, encouraging students to explore fresh, locally sourced foods.

1. Crunch Countdown

Activity Overview: Organize a schoolwide crunch moment where students simultaneously bite into a locally grown product to start your Crunch Off!

Materials Needed: Local fruits/veggies/product, microphone for countdown, [Crunch Countdown Script](#), cameras for capturing the moment.

 *Pro Tip:* Feature the crunch countdown on morning announcements to spread excitement before lunch!

2. Farm to School Taste Test

Activity Overview: Offer samples of different locally grown produce or produce from your very own school garden and let students vote for their favorites.

Materials Needed: Small tasting cups, local fruits and veggies, [Taste Test Rating Sheet](#).

 *Pro Tip:* Create a "Nevada's Favorite Crunch Snack" competition based on student votes.

3. Meet the Farmer

Activity Overview: Arrange for a local farmer to visit the cafeteria and share insights into food sourcing and farm life or arrange a field trip to the farm.

Materials Needed: [Farmer Q&A](#), [Farm Field Trip Toolkit](#)

 *Pro Tip:* Set up a "Farmers' Booth" with [Posters](#), [Local Food Facts](#) and [Farm to School Flyer](#) during lunch.

4. Crunch Photo Booth

Activity Overview: Set up a produce-themed photo booth where attendees can snap fun, farm-fresh pictures featuring Nevada grown produce.

Materials Needed: Burlap, wooden crates, artificial fruits and vegetables, baskets, aprons and [Photo Booth Props](#).

 *Pro Tip:* Use a Polaroid or instant-print camera so students can take home a physical copy of their produce-themed photo as a keepsake!

Snack Crunch Toolkit

 These activities fit perfectly into classroom settings, helping students engage in healthy eating during snack time.

1. Crunch Art

Activity Overview: Students create art using fruit and vegetable stamps or coloring pages.

Materials Needed: Sliced produce (apples, carrots, peppers, etc.), paint, paper, coloring pages, crayons, markers.

 *Pro Tip:* Turn artwork into posters promoting healthy snacks and local farms.

2. Crunch Activity Worksheets

Activity Overview: These engaging worksheets feature interactive activities like word searches, matching games and more.

Materials Needed: [Farm Animal Word Search](#), [Farm Bingo](#), [Where Does That Come From?](#), [Farm Activity Book](#)

 *Pro Tip:* Encourage participants to work in groups. It's a great way to boost engagement and make learning about crunchiness even more exciting!

3. Food Storytime

Activity Overview: Read a short story on farming, nutrition or food origins, then have students write their own food-related stories.

Materials Needed: [A Day at the Farm](#), [Where Fruits and Veggies Come From](#), [Write a Story Template](#), writing materials.

 *Pro Tip:* Host a "Crunch Author Showcase" where students share their writing.

4. Schoolwide "Crunch Spirit" Day

Activity Overview: Students wear fruit and veggie-themed outfits to celebrate Crunch Off.

Materials Needed: Costumes, stickers, decorations, [Photo Booth Props](#)

 *Pro Tip:* Hold a "Best Crunch Costume" contest for added fun.

Learning Bites Toolkit

 Explore a Nevada food product's journey from farm to table through engaging lessons. Capture the experience with a photo or project display using the available resources!

1. Nevada Agriculture: Discover, Learn & Explore!

Activity Overview: Explore fascinating facts about Nevada agriculture through a quick and engaging review of local farming, dairy, and other agricultural highlights.

Materials Needed: [A Look at Nevada Agriculture](#)

 *Pro Tip:* Make it interactive by having participants share their favorite agriculture fact and relate it to something in their daily lives!

2. Dairy Fun with the Nevada Dairy Council

Activity Overview: Dive into a fun filled adventure with interactive activities like coloring pages, word searches and connect-the-dots, all designed to introduce kids to Nevada's dairy farming in an engaging way!

Materials Needed: [Activities for Kids - Nevada Dairy Farmers](#)

 *Pro Tip:* Encourage kids to add their own farm inspired drawings to their worksheets, imagining what their perfect Nevada dairy farm would look like!

3. Nevada Farm & Dairy Discovery: Virtual Tours & Insights

Activity Overview: Experience the world of Nevada agriculture with engaging virtual farm tours and educational playlists showcasing dairy farms and local growers.

Materials Needed: [Virtual Farm Tour - Nevada Dairy Farmers](#), [Meet Your Farmer - River School Farms](#)

 *Pro Tip:* Encourage participants to jot down interesting facts or questions as they watch, then host a group discussion to connect what they've learned to real-world farming!

4. Exploring Local Food: Fun Lessons for Young Learners!

Activity Overview: Discover engaging lessons and activities that teach kids about local foods! With customizable lesson plans tailored to different grades, students can explore nutrition, farming and food choices in a fun and interactive way.

Materials Needed: [National Agriculture in the Classroom](#), [Pick a Better Snack \(PABS\) Materials | Health & Human Services](#), [Farm to Table Game](#)

 *Pro Tip:* Make learning hands-on by pairing lessons with a simple snack activity—have kids try a fruit or vegetable from the lesson and describe its taste, texture, and color!

5. Additional Education Resources

- Find a variety of information sheets on healthy eating for all age groups and some activity ideas [Nutrition Toolkit | Healthy Kids Resource Center | Extension | University of Nevada, Reno](#)
- Order dairy curriculum based on age groups [Dairy Curriculum - Nevada Dairy Farmers](#)

Additional Resource Links

- National Farm to School Network: [Farm to School Month Toolkit](#)
- United States Department of Agriculture: [The Patrick Leahy Farm to School Program](#)
- Nevada Department of Agriculture: [Farm to School Program](#)