

# Regina's 'Big Crunch!'

## October 16, 2019

Register your school, class, or child and youth community program to participate in this year's Big Crunch event



- 🥕 Students across the province will be biting into locally grown carrots all at the same time to make a big CRUNCH sound!
- 🥕 Do it in celebration of local food, local farmers, healthy eating, and World Food Day.
- 🥕 Be sure to register by Monday September 23<sup>rd</sup>. To register click here: [www.surveymonkey.com/r/BigCrunch2019](http://www.surveymonkey.com/r/BigCrunch2019)
- 🥕 Link this event to classroom learning using the Big Crunch! Educator Package found here: [www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating](http://www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating)
- 🥕 Brought to you by REACH, supported by the Saskatchewan Health Authority – Regina area, and carrots funded by Mosaic.
- 🥕 For more info contact REACH at 306-347-3224 or email: [reach.education@sasktel.net](mailto:reach.education@sasktel.net)

