

‘The 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.



To register click here: www.surveymonkey.com/r/BigCrunchRural19



For more details on how to participate and to link this event to classroom learning, use the Big Crunch! Educator Package found here: www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating



Brought to you by REACH and the Saskatchewan Health Authority Regina area. For more information contact: 306-766-7157, or email: chelsea.brown@saskhealthauthority.ca

