

The Big CRUNCH!

Educator Resource Package – Rural (2019)

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The Big Crunch is modeled after Toronto FoodShare's Great Big Crunch foodshare.net/program/crunch/

Package prepared by:

Regina Education and Action on Child Hunger (REACH) and the Saskatchewan Health Authority – Regina Area Health Promotion Dept.



The Big CRUNCH!

Educator package: Background Information, Activities and Resources

The Big Crunch is a special day of good food education, including a massive, synchronized bite into local carrots making a big “CRUNCH” sound to celebrate with other students across the province.

When

Wednesday October 16th for *World Food Day*. You can “crunch” anytime during the day.

Who can participate?






Student nutrition programs, whole schools or individual classrooms, gymnasiums, recreation centres, and before and after school programs.

Why the Big Crunch?

Many children today in urban centres do not know where the food they eat comes from. Few have actually eaten a carrot right out of the earth. For many of us, the majority of our food travels a long way to reach us and many children may think that food simply “comes from the supermarket.”

Whether your program, class or school participates in a day’s worth of activities, an afternoon or just one big ‘crunch,’ we hope your students get excited about local food and healthy eating.

The Big Crunch event is an opportunity for students and teachers to:

-  Celebrate World Food Day
-  Get excited about healthy eating
-  Learn about our food system from farm to fork
-  Highlight availability of local produce
-  Have a positive food experience

How and When to Register

Fill out our online registration form: www.surveymonkey.com/r/BigCrunchRural19 or for more information contact: chelsea.brown@saskhealthauthority.ca

Things to Consider when Registering

Purchasing carrots: Schools will be responsible for getting their own carrots from a school garden, local producer, or grocery store.

Carrot Prep: Carrots will have to be washed and cut before serving to students (some may need to be peeled) – if you do not have a dedicated person responsible for preparing school snacks, you will have to find parents, school staff, community members or student volunteers to help out with this.



From Field to Fork: Why Care About Healthy Foods

- Supports local farmers and growers – gives money back into the community
- Benefits the environment – food doesn't have to travel as far to get to us
- Foods are usually fresher and taste better
- Connects us better to our food system – to understand where our food comes from

Event Topic/Theme ideas:

- [World Food Day](#) – Theme for 2019: Our Actions are our Future – healthy eating for a #zerohunger world.
- Farming and gardening — where does food come from? And farming in Saskatchewan.
- Nutrition—learning about and promoting vegetables as part of a healthy lifestyle.
- Health—what does it mean to be healthy? What all do we need to be healthy?
- Celebrating food, fall, and harvest time.

About World Food Day

2019 Theme: Our Actions are our Future – healthy eating for a #zerohunger world.

On October 16, 1945 the Food and Agriculture Organization (FAO) of the United Nations was founded, in hopes to achieve food security for all. Celebrated around the world, World Food Day honours that day and our commitment to defeating hunger and poverty. *Zero Hunger* is one of the [United Nations Sustainable Development Goals](#). Some action items that people and communities can commit to help reach these development goals include:

- | | | |
|--------------------------------|--------------------------|---------------------------|
| ✓ Avoiding Food Waste | ✓ Taking Care with Water | ✓ Make cities greener |
| ✓ Eat Healthy Foods | ✓ Buy Local | ✓ Keep ground water clean |
| ✓ Keep fish populations alive | ✓ Be energy efficient | ✓ Be garbage-savvy |
| ✓ Don't be fooled by labels | ✓ Eat a variety of foods | ✓ Recycle |
| ✓ Organize community clean ups | | |

For more details visit: www.fao.org/3/i9420en/I9420EN.pdf

Take Action:

- Have students, staff, families, classes or the whole school take a pledge and commit to one or more of these action items.
- Have students enter the world food day poster contest about an action item they think is important. For more details see: www.fao.org/world-food-day/contest/en/



How can schools celebrate *on the day of* the big crunch?

- **Countdown over the intercom** and have students “Crunch” all together in their classrooms.
- Hold a **school assembly** to crunch all together.
- Hold other related activities, presentations and/or events for the whole school or in classrooms leading up to it or shortly after (see [theme ideas](#), above p. 3, and [examples below](#) on p. 5).
- Have students **read out carrot facts** or **ask a quiz question** over the intercom every morning the week leading up to it or the day of.
- **Partner with other schools** to hold an event all together.
- **Get school practicum students** (e.g. nursing, social work) **to help** organize and coordinate event if it fits in with their learning objectives.
- **Include information in your school newsletter or website** or send something home to parents about the big crunch event and why we are doing it.
- Plan for fun ways to **animate your Big Crunch** event (e.g. decorations, P.A. system announcements, whole school wears orange, etc.)
- **Host a fall harvest dinner** for families to attend – potluck style featuring foods grown in SK or family favourites or different cultural foods.
- **Invite a Traditional Knowledge Keeper or Elder to come and talk about traditional Indigenous food practices** related to growing food, carrots, and/or honouring and respecting the land.
- **Have a ‘carrots from around the world’ theme** – Have ‘Carrot’ Written in different languages on posters
- **Have students create and perform a song or skit** on a theme related to carrots or World Food Day and present it to the school.
- **Hold a master chef challenge with carrots as the theme ingredient**
- **Be creative, have fun with it!**

Big Crunch Online and Social Media Tools

- **Use hashtag #SKBigCrunch19** for twitter posts
- **Share photos, videos or stories of how your school celebrated** and of everyone biting their carrots together.
- **Share some of the information from these [School Nutrition Posters](#)** in school newsletters, for Facebook and Twitter posts and on the school Website. Some posters that go nicely with the theme: ‘preventing food waste,’ ‘school gardens,’ ‘composting,’ ‘kids in the kitchen,’ and see what other topics we have.
- **Stream videos or coordinate a live video chat with another participating school** in Regina or in Saskatchewan biting down on their carrots at the same time.
- **Take videos of different carrot crunching techniques and edit them together** (e.g. small bites, big bites, fast chomps, with closed eyes, etc.)
- **Ask families to submit their favourite carrot recipes** and share online.
- Have a **“biggest carrot” contest** between classes or participating schools. Measure and take pictures and post online with the hashtag #SKBigCrunch19 and #SKBigCarrot19.

Connecting it to the SK health education curriculum (grades 1-8) and other fun ideas

The Big Crunch can be linked to other nutrition education/activities done in the classroom or school-wide. Below are some ideas that connect with the Big Crunch themes. (See also "Teaching Nutrition in SK," which connects SK curriculum outcomes to resources, activities and background information for [grades 1-7, Physed 20/30 and Health Science 20](#) available in French and English).

Activity Ideas	Health Ed. Curriculum Outcomes
1. Start a class gardening project: On a community garden plot, school grounds, or indoor or outdoor containers. Try growing your own carrots in the spring for the big crunch next fall. For a list of grants contact healthpromotionrqhr@rqhealth.ca	USC1.5
2. Celebrate Canada's New Food Guide with Carrots! Design a meal featuring carrots and meeting the guidelines (half plate veggies and/or fruit, a quarter protein foods and a quarter whole grains + water of course). For grade 8, design a meal made from sustainable food sources.	USC 1.1 USC 2.1 DM 3.1 USC4.1 USC 5.1 USC 7.5 USC 8.6
3. Play the video "Harvesting Big Crunch Carrots" from the CHEP website as a lead in to discussing how food is grown, harvested, transported, and eaten in Saskatchewan.	USC1.5
4. Try tasting different kinds/varieties of carrots (e.g. baby carrots, store bought vs garden, purple carrots, etc.). (See Food Experiences form and backgrounder HERE)	USC1.1 , USC2.2
5. Try serving carrots and recipes using carrots in a kids cooking class, your classroom, the school cafeteria, or as part of the nutrition program. Ask students and families for ideas.	USC1.1 , USC2.2 , USC7.5
6. Talk about or hold a Litter-less lunch challenge – Or have a class discussion about how to decrease the amount of waste we produce (e.g. making your own food, growing your own food, choosing foods with the least packaging or none at all, using re-usable containers, etc.	USC1.5
7. Start a class or school compost greenactioncentre.ca/healthy-travel/resources-for-teachers/ Compost the tops and carrot peels (if they need to be peeled). If you do not have a compost at school, donate to a community garden compost (community gardening in Regina: growregina.ca/regina-2019-community-gardens/)	USC1.5
8. Take a field Trip to the Farmer's Market, a community garden or a local farm – talk to someone who grows or sells carrots.	USC1.5
9. Have a local farmer or chef come in to talk to the class. If you need ideas for people to get, contact us at chelsea.brown@saskhealthauthority.ca	USC1.5
10. Read a book from the 'Children's Book List about farms and healthy eating:' www.chep.org/wp-content/uploads/2018/05/Childrens-Books-List_Farms-and-healthy-eating.pdf and www.chep.org/wp-content/uploads/2018/05/Childrens-Books-List_Carrots.pdf	
11. Set up a School Lunch Salad Bar www.chep.org/program/fresh-food-buffet feature carrots as one of the salad bar items!	USC1.1
12. Get kids active outdoors, have a class "carrot hunt" like an Easter egg hunt.	
13. Have a class develop posters or make a marketing campaign for the local carrots and to promote the event.	USC6.7 , USC7.5
14. Have guest Knowledge Keeper or Elder come in and talk to the class about Traditional Indigenous food practices that respect the land. Provide opportunities for students to learn a new skill or try traditional foods.	USC2.6 , USC5.1 , USC6.1 , USC8.2

15. Talk about different dishes that use carrots in them from around the world.

USC1.5, USC2.6,
USC5.1, USC6.1

16. Have a class or school wide picture (drawing or photography) or story writing contest – of farming, gardening, carrots, cooking...pick a theme!

Other Activities and Resources Online

1. Suggested Resources on CHEP website: www.chep.org/teacher-resources/
2. "Teaching Nutrition in Saskatchewan: Concepts and Resources" for grades 1-8, Physed 20/30 and Health Science 20. www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating. FoodShare Resources: foodshare.net/custom/uploads/2019/02/GBC-Toolkit-2019.pdf - They use apples, just change examples to carrots!
3. Formerly Regina Qu'Appelle Health Region Health Promotion Site, Nutrition and Healthy Eating: www.rqhealth.ca/department/health-promotion/nutrition-and-healthy-eating.
 - *Quick Facts about Carrots* - Can be used in newsletters, on school website, in announcements, or in the classroom.
 - *Carrot Quiz* - Can be used in newsletters, on school website, in announcements, or in the classroom.
 - *Food Experiences Form* - Use The food experience form and have students taste test foods that are locally grown (in the garden, from the farmer's market, or from the grocery store) and/or foods that may be new to them (e.g. beets, zucchini, purple carrots, turnip/rutabaga, kohlrabi) and have them record results. May also consider preparing recipes from carrots and taste testing as a class.

If you have any questions or for further support contact:

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