



The 2010 Apple Crunch celebration was a huge success. Schools across Pennsylvania hosted Apple Crunch events throughout the month of October and on Apple Crunch Day, **Wednesday, October 27, 2010**. Over the past seven years, schools, community groups, local grocery stores and the apple industry have enthusiastically supported Apple Crunch events.

See how schools within the Commonwealth celebrated Apple Crunch.

### ***Upper Moreland Middle and High School Try It on Apple Crunch Day***

Upper Moreland Middle/High School, Upper Moreland School District (Willow Grove, PA)

This year, Apple Crunch Day made its debut at Upper Moreland's High School and Middle School Try It Day. The Bear Den Café hosted Apple Crunch Day on Wednesday, October 27, 2010. Try It Day is part of the new Farm to School program at Upper Moreland High School. Each week a new fresh fruit or vegetable is prepared and samples are made available to all students. Pennsylvania fresh grown apples were the Try It Sample on Apple Crunch Day. Members of the Interact Club offered bags of

apple slices to all students along with whole red and golden apples. Students were asked to give thumbs up to any cashier to show their approval for the PA fresh apples. Pennsylvania apples are brighter and sweeter this fall thanks to the very hot, dry weather. Samplings of whole apples and apple packs were distributed to grades 6-12. This was Upper Moreland's first

experience with Apple Crunch Day. The nurse and food service department worked together to promote the PA fruit.



## **Apple Crunch Celebrated All Month Long at Biglerville Elementary School**

Biglerville Elementary School, Upper Adams School District (Biglerville, PA)

Biglerville Elementary took part in various apple activities throughout the month of October. Activities ranged from the sampling of different types of apples (Fuji, red delicious, golden delicious) to announcing fun facts and trivia each day on the morning announcements.

Biglerville kindergarten students visited the local fruit market, Hollabaugh Brothers' Fruit Farm & Market, on a fieldtrip. As part of the fieldtrip the students were taken on a ride through the orchard and allowed to pick apples. Students were allowed to keep the apples they had picked. In Art class, students made apple print pictures and in PE they played relay games and apple tag!

The cafeteria had numerous apple items on the menu throughout the month of October. During the week of Apple Crunch, a different apple item was featured each day. Featured items included apple slushies, apple fruit salad, a combination of coleslaw and apple salad, apple crisp and applesauce. On Apple Crunch Day, the Pennsylvania Apple Queen, Katie Fallon, greeted the students and provided information on the importance of eating apples.



The Upper Adams Jaycees celebrate an apple harvest festival each October. As part



of that celebration, the Upper Adams Jaycee "Big Apple" helped to greet the students on Apple Crunch Day. Biglerville staff and students dressed in apple colors (red-green-yellow) or donned clothing with apples on it. Coloring pages, as well as crossword puzzles, and word searches were distributed to students to complete while learning more fun apple facts.

Located in the heart of Adams County and filled with apple orchards, the Biglerville community is very much an apple-minded community. The students

have learned so much with the promotion of the Apple Crunch event. What a fun and exciting way to learn about apples! It was an appl-ish good time.

## **Floyd C. Fretz Middle School Frolics at Annual Apple Crunch Festival**

Floyd C. Fretz Middle School, Bradford Area School District (Bradford, PA)

Students of Floyd C. Fretz Middle School experienced many activities that have to do with the theme of fall harvest on Apple Crunch Day. The day began with the 3<sup>rd</sup> Annual Apple Recipe event. 78 students brought in foods made from recipes with the main ingredient being a fruit or a vegetable.

Homerooms competed in a catapult competition. After the competition, students were treated to several fall harvest activities. Some of the highlights included an apple cider mill

(which was run by the FFA students from Bradford High School), a demonstration of turkey and other bird calls by an expert caller from Quaker Boy, a registered dietitian from Hamot Medical Center treated the students to juices made with apples and carrots, and the Food Service Director

conducted activities where students sampled different apples, apple products, and cranberries.

Many of the Unified Arts teachers from Fretz also participated in activities which included Quilt of Thanks, fruits and vegetable identification, physical activities, and music and lyrics. Using the play on words and the use of apple, one of the 7<sup>th</sup> grade math teachers did some great activities using the Apple iPod Touch.



## ***The Springfield Literacy Center Celebrates Apple Crunch Day!***

Springfield Literacy Center (Springfield, Delaware County, PA)

This year, the Springfield Literacy Center (SLC) celebrated Apple Crunch Day! SLC students had fun learning about apples and promoting them as healthy snacks during National Apple Month. All the students, with apples in hand, waved to one another out the windows. With a pledge over the PA system and a chant of "Apples are Awesome", all students simultaneously said 1, 2, 3 CRUNCH! And they all Crunched Together!!



## ***Apple Crunch Month at Benton Elementary***

Benton Elementary School, Benton School District (Benton, PA)

Benton Elementary had many activities during the entire month of October to celebrate Apple Crunch. Each grade level had math, science, and health lessons focused on apples. Third grade students took a field trip to the local Benton Cider Mill to learn the process of making apple cider.





**Bridle Path Elementary**



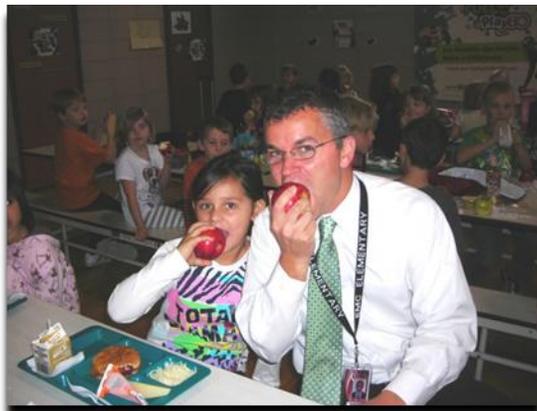
**Collingdale Community School**



**Cornwall Elementary**



**Dillsburg Elementary**



**E.M. Crouthamel Elementary**



**Lehman Intermediate School**



**Oswayo Valley Elementary**



**Port Allegheny Elementary**