



Apple Crunch Day

Celebrated during National Apple Month in October, **Apple Crunch Day** encourages youth and families to eat apples as a healthy snack.

Celebration ideas:

- Apple trivia
- Apple taste testing
- Classroom activities or lessons focused on apples
- Posters to encourage apple eating
- Posters to collect student signatures

Resources:

- Hershey Pro-Wellness
- <http://usapple.org/>
- <http://www.farmflavor.com/at-home/cooking/10-fun-facts-about-apples/>

