



Apple Crunch 2009 was a great success. All across the state, 521 schools hosted Apple Crunch events throughout the month of October and on Apple Crunch Day, Wednesday, October 28. A total of 182,350 youth participated in apple-related events and learned fun facts and nutrition information about apples and healthy snacking.

Keep reading to see how several schools paid homage to the apple!

Conrad Weiser Middle Schools Counts Down to the Apple Crunch

Conrad Weiser Middle School, Conrad Weiser Area School District (Robesonia, Pa.)

During the days leading up to Apple Crunch 2009, student announcers at Conrad Weiser Middle School shared apple facts on the morning announcements. On the day of Apple Crunch, two teachers were dressed up as apples and greeted kids at the door as they came off the busses. They also helped with the announcements that morning, leading a countdown to the schoolwide Crunch. Students and staff enjoyed apples donated by a local orchard. Conrad Weiser Middle School's Apple Crunch 2009 event was featured in the local newspaper the following day.



Apple Crunch Celebrated All Month Long at Biglerville Elementary School

Biglerville Elementary School, Upper Adams School District (Biglerville, Pa.)

Biglerville Elementary School celebrated Apple Crunch 2009 all month long with their "Apple Crunch and Read" event. Throughout October, special activities took place for students including: fun facts and trivia on the morning announcements, apple books specially picked by the librarian, apple songs, apple prints in art classes, scooter apple tag in Phys. Ed., apple sampling, and apple choices in the cafeteria.

On October 28, the day of Apple Crunch, students and staff wore red, yellow or green, to represent the apples. Roundbarn, a local farmer's market, donated apples for everyone to enjoy, and a big costume apple was there to greet and visit with the students. Teachers gave their students a writing assignment to talk about what they know and what they have learned about apples. A showcase in the lobby displayed apple facts and trivia, as well as 10 apples for the "Name That Apple" trivia contest.

In the cafeteria during lunch, students were asked apple questions and were given apple stickers, nutrition stickers, apple pencils and coloring books when they answered the question correctly. They were given other fun activities throughout the day, including word searches, crossword puzzles and coloring pages.

Students were also sent home with nutrition information, produce tips, physical activity tips and additional information about apples.



Lenkerville Elementary School Hosts Apple Festival During Apple Crunch Week

Lenkerville Elementary School, Millersburg Area School District (Millersburg, Pa.)

Apple Crunch 2009 was celebrated by Millersburg Area School District with an Apple Festival held at Lenkerville Elementary School on the Monday, October 26. K. Schlegel's Farm Fresh Fruit and Gina Engle, Food Service Director for The Nutrition Group, coordinated an assembly by bringing the orchard to the students. There were five different stations during the assembly that students were able to visit. The students were given a wide variety of information on how apples are grown, maintained, picked and distributed by K. Schlegel's orchard.

The students were allowed to taste a variety of different apples, and at the end of the assembly they were given an apple bag that was full of recipes, Pennsylvania Apple brochures, and an assortment of apples to take home with them to enjoy.

During the remainder of Apple Crunch week, the cafeteria promoted healthy eating by following the apple theme and serving a variety of apple treats. The cafeteria staff prepared fresh apple crisp from scratch, apple dumplings, and homemade applesauce for everyone to enjoy. Cinnamon apple slices, fresh apples and apple juice was also available.

Apple Crunch 2009 was made special for Lenkerville Elementary School students with the help of the PTO, parents, teachers, staff, administration and the generous donation from K. Schlegel's Farm Fresh Fruit.



Sixth Graders at Bellefonte Middle School Learn Healthy Snack Facts during Apple Crunch

Bellefonte Middle School, Bellefonte Area School District (Bellefonte, Pa.)

Each sixth grade health class at Bellefonte Middle School celebrated Apple Crunch 2009 with Health and Physical Education Teachers, Ms. Baird and Mr. Johnson. Barbara Eckley, food service director, was invited to present a lesson on apples to students during their health classes.

After sitting in a circle taking turns reading different facts about apples, the students got up and played "hot apple." Similar to "hot potato," the students threw the apple back and forth while listening to music. When the music stopped, the student who was holding the apple was eliminated from the game.

At the end of health class, each student was given an apple to enjoy. All the sixth grade health classes got to enjoy a fun day of games and learning, and one class was even given a special reading of apple facts by Bellefonte Area School District Superintendent Dr. Masullo.

