



The Big Crunch

On Thursday October 13, 2011 join schools across Saskatoon in taking one big bite towards healthy living through healthy local eating. Last year over 7600 students and staff participated. Don't miss out on this fun event!

CHEP's Big Crunch invites students and teachers to learn about healthy eating and local and global food systems while following the journey of the carrot from the seed to the garden to our plate.

- celebrate World Food Day
- promote healthy snacking
- highlight locally grown carrots
- use the carrot as a point of departure for activities on nutrition, healthy recipes, local food systems and more; curriculum links for all grades
- challenge other classrooms to participate



Resources!
Mascot!
Prizes!

When: Thursday October 13th, 2011

Where: In classrooms across Saskatoon and other places of interest in our community

Who: Students, teachers and individuals across the city interested in learning more about carrots and local food - a salute to health and local eating

How: Download the registration form at www.chep.org and fax to 306 655-5512; teacher resources available for download in mid September. Purchase local carrots from CHEP, the farmers' markets or your local grocery store.

For more information please email thebigcrunch@chep.org or call 655-5322.

