Crunch into an apple as a unified approach to promoting healthy, affordable, and sustainably produced food. Be a part of the event and help set a record for the most people crunching into an apple on Phoenix Food Day.

**In the Classroom:**
- Create “I Crunched Today” stickers.
- Ask students to bring an apple on Thursday, Oct. 22. Gather together for a photo or video capturing everyone crunching an apple at noon or anytime on that day.

**In the Cafeteria:**
- Serve apples on Thursday, Oct. 22.
- At each lunch period, have everyone crunch into an apple at once and take a photo or video.

**Other:**
- During the week of Oct. 19, if the school is having a pep rally or other event where all students are gathered, have everyone crunch an apple at that time.
- Set-up a composting container for the apple cores.
- Start-up a garden.

Submit your photos and video to phoenixfoodday@phoenix.gov for posting on the city of Phoenix Facebook page. Tweet about your Apple Crunch using #fooddayPHX

**Thursday, Oct. 22, at noon**

The FitPHX Apple Crunch takes place during the Phoenix Food Day event, Cesar Chavez Plaza, 251 W. Washington St.