

### School Food and Nutrition Services Celebrates Virginia Farm to School Week

PWCS School Food and Nutrition Services celebrates Virginia Farm to School Week, October 1-5, 2018! Did you know your school cafeteria serves seasonal Virginia produce all year long? This week we will be serving apples from Crown Orchard in Batesville, Virginia, and Bibb lettuce from Portwood Gardens in Dayton, Virginia.

Incorporating local products into our menus gives students the opportunity to enjoy nutritious, fresh fruits and vegetables, while learning about the seasonality of foods and how foods are grown. These products support local farms and are a tasty way to improve the health of our children!

To celebrate Virginia Farm to School Week at elementary schools, School Food and Nutrition Services is participating in the “Crunch Heard ‘Round the Commonwealth!” on **Friday, October 5<sup>th</sup> at 10:00 am**. If your school or class wants to participate, let your Cafeteria Manager know how many apples you need by September 24<sup>th</sup>.

We would love to see pictures of your students participating in the “Crunch” at your school. Tag us on Twitter (@PWCSNutrition) or Instagram (@PWCSNutrition\_)!



Make some noise for  
**Virginia Farm to School** programs during the  
**CRUNCH** Heard ‘Round the Commonwealth!

**What is the Crunch?**  
A special event to increase awareness of Virginia Farm to School programs. To celebrate the event, participants across the state of Virginia will simultaneously take a bite out of a locally-sourced (i.e. Virginia) apple.

**When is it?**  
**Friday, October 5, 2018**

**Where is it?**  
All Virginians are encouraged to participate and “The Crunch” may be celebrated at any location (i.e. classroom, cafeteria, office, outdoors, etc.).



Visit <http://www.vdacs.virginia.gov/marketing-virginia-farm-to-school-program.shtm> for more details!