

Great Big Crunch

Apple event to promote healthy eating and nutrition



From left, Grade 3 student Logan Humber, Grade 1 student Cameron Mallais, and Grade 4 student Estephanie Patriz take a bite from their apples at St. Angela Catholic Elementary School. The school will take part in the Great Big Crunch, an annual event to promote healthy eating.

(Windsor, Ontario, Oct. 20, 2014) – Don't be alarmed if you hear a massive crunching noise this Thursday morning. That will just be the sound of hundreds of area school children simultaneously biting in to their apples.

The Great Big Crunch is a fun day of nutrition education supported by the Ontario Student Nutrition Program and Jumpstart Student Nutrition Program.

At 11 a.m. on Oct. 23 students at schools around Windsor-Essex and right across the province will gather together at their schools and bite into an apple all at once.

“This is a great way to encourage kids to eat healthy and local,” said Victorian Order of Nurses program coordinator Danielle Findlay. “Just knowing that other students from all across Ontario are participating at the same time makes it especially exciting for them.”

WECDSD superintendent Sharon O’Hagan-Wong said awareness events like these are extremely important to encourage healthy eating.

“We’ve made a lot of strides in promoting better nutrition in our schools, but it certainly never hurts to have a fun reminder like this,” she said.

As an extra bonus, three members of the 2014 National Basketball League of Canada Champion Windsor Express and Conductor Coal Train, the team’s mascot, will make a visit to St. Angela Catholic Elementary School to help promote the event.

“Healthy eating is a part of our theme this year,” said Connie Day, the team’s director of game day operations. “We promote it through our entire organization, so it made good sense for us to take part and to partner with the students at St. Angela. We think the students will get a real kick out of getting to meet some of our players and hearing what they have to say about good nutrition.”