**Apple Crunch 2021– Morning Announcement(s)**

Following are five days of morning announcement scripts to help promote your school’s Apple Crunch celebration and teach students important facts about healthy snacking.

*\*This year Apple Crunch is held on Wednesday, October 21; please feel free to begin your celebrations as best fitting to your school and/or adjust your event celebration weekday.*

**Friday**

Good morning students! We are celebrating Apple Crunch on Thursday, October 21.

Eating healthy and being active is very important. One way to eat healthier is to add fruits and vegetables to meals and snacks.

Apples make a great tasting and fun snack. There are more than 2,500 different kinds of apples in the United States, and Pennsylvania is the fifth largest apple producing state in the country.

Visit a local farmer’s market or orchard with your family and friends to taste all of the different kinds of apples made in Pennsylvania.

**Monday**

Do you know how many ways you can eat an apple? You can eat it in applesauce, have delicious apple pie, drink 100% apple juice and apple cider or you can just take a big bite out of a whole apple.

Try an apple at lunch today or ask for one as an after-school snack.

**Tuesday**

Good morning students! Don’t forget what we learned yesterday, apples are a tasty snack. They’re one of nature’s fast foods.

When you do choose to eat an apple, be sure to wash it and eat the skin too! Almost half of the vitamin C content of apples is found in the skin. You will also be getting fiber, which will help you stay fuller longer.

**Wednesday**

Remember students, on tomorrow we’ll be celebrating Apple Crunch! Be sure to wear red, green or yellow!

Keep striving to get at least five servings of fruits and vegetables each day. It’s easier than you think:

* Start your day with a healthy glass of 100% fruit juice
* Bring carrots and celery for lunch or buy a vegetable from the lunch line
* Grab a whole piece of fruit like a banana or orange as an after-school snack
* And ask your family to have at least one vegetable for dinner each day

**Thursday**

Good Morning students! Today is our big Apple Crunch celebration!

[INSERT HOW YOUR SCHOOL WILL BE CELEBRATING APPLE CRUNCH]