

Acknowledging March as National Nutrition Month, students in the Light of Christ School Division joined the national initiative The Great Big Crunch! On Thursday, March 10, 2016, at 1:30 in the afternoon, over 1500 students, staff and special guests, at the six LOCCS elementary schools, joined students across Canada and took a big bite out of a healthy apple--a healthy snack of choice. All of the apples were supplied by local grocers, in their support of students and of healthy food choices.



EMBM Students



That's a lot of apples to wash...

Local grocers "adopted" schools: Frazer's No Frills provided apples for Holy Family School, Discovery Coop and Cooper their mascot, provided apples to Notre Dame School.

EMBM's apples were provided by Sobey's, and St. Mary's School had their apples provided by Super A Grocery in Battleford. Hujber's Market in Spiritwood provided the apples for Rivier Elementary School. MidWest Food Supplies and Delta Coop, along with their Cooper, provided apples to the students at St. Peter's School.



Notre Dame Students had a visit from Discovery Coop.

St. Mary's school with Mayor Hamilton.





Rhea Good and her Great Big Crunch team.

"The Great Big Crunch" is a national initiative that local teacher, Rhea Good (who earlier this year brought in Raw Food Chef, Chris Kendall), came across at the Changing the Menu Conference, in Montreal, Canada, in November 2015. This conference was the first ever gathering of dietitians, nutritionists, politicians, teachers, cooks and non-profit organizations, all dedicated to improving the state of school food in Canada. Upon hearing of this initiative, Cory Rideout, the Director of LOCCS created the momentum by contacting all the elementary school principals. Very quickly, it became a community event for the Battlefords, for Unity and for Spiritwood.

Rivier School's Big Crunch



Heading the initiative, Good involved her class and staff at JP II in the gathering, the washing and delivery of the apples to the local schools. In the spirit of stewardship the activity did not stop once the crunching was done. Good and her crew collected the apple cores to be composted, thus giving back to the land.



St. Peter School in Unity with Cooper the mascot!



The tooth fairy will have some work after the "Big Crunch"! 😊

Good's original goal was to celebrate of the joys of eating a healthy diet including lots of fresh fruits and vegetables. It is very safe to say: Mission Accomplished.