

## The Great Big Crunch Comes to Ottawa

*OTTAWA, Ontario March 1, 2018—At 2:30pm today, you will hear a Great Big Crunch as over 3500 elementary students around Ottawa bite into local fruit and veggies to encourage fresh food in schools.*

The Ottawa Great Big Crunch is organized by the Ottawa School Food Network, who work to promote good food in school environments. The Ottawa School Food Network is a partnership of Growing Up Organic, Cultivating Cooks, Ottawa Network for Education, Ottawa Public Health, Ontario Edible Education Network, Heart and Stroke Foundation and Just Food – and is supported by the Healthy Kids Community Challenge.

Students from across the city in all four school boards will bite down on fresh, organic, local snacks with Savour Ottawa farms Barkley’s Apple Orchard providing apples and Bryson Farms providing carrots. The snacks will be delivered to 12 schools by the Community Food Hub, a partnership with North House Foods and Just Food.

The Great Big Crunch is a yearly national event, originally started by FoodShare Toronto, and animated in Ottawa by the School Food Network, to gets kids excited about local food and healthy snacking. “Today is about celebrating the work that’s being done by parents, educators and the community, to get students connected with good food, and to encourage others to get involved.” said Moe Garahan, Executive Director of Just Food. “Food preferences are set early in a child’s life. We are working with the community to improve access and availability of vegetables and fruits, and to increase children and parents’ knowledge about healthy eating and how to make it a part of their everyday lives” said Kimberley Steven, Healthy Kids Community Challenge Ottawa, who provided funds for the apples and carrots.

If you would like to see more good food at your child’s school, there is a new group of school food programs available across Ottawa, teaching kids to cook, grow and choose good food. Visit <http://ottawaschoolfood.ca/> and email [info@justfood.ca](mailto:info@justfood.ca) for more information.