



**ST. CLAIR CATHOLIC
DISTRICT SCHOOL BOARD**

Lighting the Way ~ Rejoicing in Our Journey

Great Big Crunch

Students in St. Clair Catholic schools across Chatham-Kent and Sarnia-Lambton participated in the annual *Great Big Crunch*, which this year was held on October 23rd.

Great Big Crunch is a special day of good food education, which ends with a massive, synchronized bite into a locally produced, crunchy apple. Each year in the fall, schools across Canada join together to bring students and communities together for a collective crunch!

"*Great Big Crunch* is a great way to encourage children to eat more fruits and vegetables and it's also a fun way to get them started!" says Elaine Lewis, Coordinator of the Chatham-Kent Student Nutrition Program.

"It's also a way to promote local fruits and vegetables as a good source of nutrition and healthy eating," says Leslie Palimaka, Student Nutrition Coordinator for Lambton Public Health.

Across Chatham-Kent and Sarnia-Lambton this year more than 20,000 apples were supplied to 68 Catholic and public schools, through the student nutrition programs.

In the photo above, Mr. Symanski and students in his Grade 3/4 class at Christ The King Catholic School in Wallaceburg participate in the annual Great Big Crunch.