

# MONTANA CRUNCH OFF

OCTOBER 2025



## WHAT IS THE MONTANA CRUNCH OFF?

Schools, early care education sites, organizations, farmers, and individuals across Montana Crunch into a local food during the month of October to celebrate National Farm to School Month, local producers, and nutritious foods! Register your Crunch to help Montana tally the most Crunches per capita!

## HOW TO CRUNCH!

-  Visit the MT Crunch Guide
-  Decide on a local food to Crunch
-  Make a plan for your Crunch
-  Register your Crunch
-  Crunch any day in October

## REGISTER HERE:

