

# Cucumber Crunch

Wisconsin's growing season aligns well with the Summer Food Service Program, allowing sponsors to serve fresh, locally grown foods as part of their summer meals. The Cucumber Crunch is a simple, celebratory event to promote [Farm to Summer](#) in Wisconsin. Join your staff and children as we CRUNCH into local cucumbers on Thursday, July 30th! All SFSP Sponsors, sites, schools and other organizations are invited to participate.

## How to Participate:

1. Use the [Cucumber Crunch Flyer](#) to let people know when it will be.
2. Plan ahead with your procurement process and find locally grown cucumbers to add to a meal or as a separate activity for the day.
3. Provide education on cucumbers nutrition.
4. Provide fresh cucumber slices or mini cucumbers on Thursday, July 30th.
5. Have a CRUNCH together moment. For non-congregate feeding, encourage siblings to CRUNCH together.
6. Spread the word using #CucumberCrunch and #SummerMeals on social media.
7. Send any pictures to [SFSP@dpi.wi.gov](mailto:SFSP@dpi.wi.gov) for us to share on social media

## Resources:

- [Farm to Summer Information](#)
- [Food Safety and Procurement for Local Foods](#)

## Related Activities:

- [Watch and learn how cucumbers grow](#)
- [Watch and learn on why local food matters](#)
- [Cucumber Crunch Coloring Page](#)
- [Cucumber Crunch Crossword Puzzle](#)
- [Cucumber Crunch Connect the Dots](#)
- [Cucumber Crunch Fact Sheet](#)
- [Kid's Club Newsletter on Cucumbers](#)

## Kid-Friendly Cucumber Recipes:

- [Cucumber Boats](#)
- [Cucumber Yogurt Dip](#)
- [Cucumber Sammy](#)

For questions about this information, contact [SFSP@dpi.wi.gov](mailto:SFSP@dpi.wi.gov)

