

# HOW TO PARTICIPATE IN THE CUCUMBER CRUNCH

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.
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