



Dear #CTAppleChallenge taker,

Hello and welcome to the *HardCORE CT Apple Challenge*! This campaign was designed to help you celebrate Connecticut Farm to School month this October through promotional materials, educational activities, and local purchasing support.

You can be HardCORE during CT Grown for CT Kids week (October 2-6), National Food Day (October 24th), or anytime during Farm to School Month!

To take part in the HardCORE CT Apple Challenge you can:

- Eat a CT apple down to it's core
- Try two different types of CT apple
- Visit an apple orchard
- Any other kind of fun apple activity you come up with on your own!

Be sure to check out the many electronic resources on our website:

[putlocalonyourtray.uconn.edu/\[_____\]](http://putlocalonyourtray.uconn.edu/[_____]). Here you'll find a treasure trove of apple recipes, lessons + activities, communications support, community engagement templates, and procurement tools.

We'd love to hear what fun you're having with apples at your schools! Feel free to tag us on Facebook and/or instagram @CTFarmToSchool. Use the hashtag #CTAppleChallenge to join the fun! If you have a HardCORE CT Apple event coming up, invite us over! We can help promote your event online and in-person.

If you have any questions, the full team is here to help out:

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~ The #HardCORE Put Local on Your Tray team

