

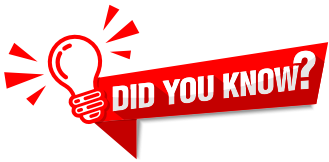


On March 6th, 2025  
runch with



Dear Parents and Guardians,

On Thursday, March 6, 2025, schools across Hamilton will participate in **The Great BIG Crunch to celebrate Nutrition Month and promote local food**. Thanks to the generous support of **FirstOntario Credit Union**, students will receive fresh apples, provided by Hamilton Tastebuds in partnership with Drummond Farms—at no cost to schools.



Every school day, **Tastebuds** student nutrition programs serve nutritious meals and snacks at 123 programs across 110 locations in Hamilton. Tastebuds operates on a universal model, meaning all students are welcome to participate, regardless of their economic background. On average, more than 23,000 students access our nutrition programs daily. In 2023-24 school year, Tastebuds:

AVERAGE DAILY PARTICIPATION

**23,455**

TOTAL MEALS PREPARED

**3,286,256**

TOTAL SNP Sites

**110**

TOTAL SNPs

**123**

VOLUNTEER HOURS DONATED

**71,059**

One of our signature initiatives, the **Great Big Crunch**, is a special day of food education and community engagement. Since 2008, students and community members across Hamilton have participated in a synchronized apple “crunch” while learning about healthy eating and local food. We look forward to celebrating The Great BIG Crunch with your children and promoting the importance of nutritious food in their daily lives!

Sincerely,  
The Tastebuds Team  
[info@tastebudshamilton.ca](mailto:info@tastebudshamilton.ca)



@HamiltonTastebuds



@TastebudsSNC



@tastebudshamilton



[tastebudshamilton.ca](https://tastebudshamilton.ca)