

# It's time to **CRUNCH!**

**MONDAY, OCTOBER 26**  
**12:30p.m.**

## What?

The NY Campus Crunch celebrates sustainability and local foods. Crunch into a NY State apple to affirm your commitment to food that is healthy for you and the planet.

## Why?

It's fun, it's healthy, and Syracuse University is joining other New York schools in celebrating this fall event.

## Where?

The BIG Crunch will be held outside, between the Schine Student Center and Newhouse 1 after the last Walktober Healthy Monday walk. The walk starts at noon. Come for the walk, the Crunch, or both! In case of rain, you can find us in the Food Court!

If you can't make it to the event, you can still join the fun. Take a selfie and post it using the hashtags on the right.

**Crunch into an apple.**

**Take a selfie.**

**Post it to social  
media with these  
hashtags.**

**#NYCampusCrunch**

**#SUapplecrunch**

**S SYRACUSE UNIVERSITY  
FOOD SERVICES**



**Healthy Monday**   
**Syracuse**

[healthymonday.syr.edu](http://healthymonday.syr.edu)

**embody**

Syracuse University Wellness Initiative