

DMUSD students celebrate healthy eating with California Crunch Day



DMUSD students recently participated in California Crunch Day with California grown Modi apples to celebrate the connection between farms, food, and health. (Nancy Ingersoll, DMUSD)



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PUBLISHED: October 18, 2025 at 6:48 AM PDT

The Del Mar Union School District (DMUSD) once again joined schools across the state in celebrating California Crunch Day on Oct. 16, a statewide event that highlights healthy eating, local agriculture, and environmental sustainability.

This year, 799 DMUSD students participated across all nine schools, taking a big “CRUNCH!” out of California grown Modi apples to celebrate the connection between farms, food, and health. The free lunchtime event encouraged students to think about where their food comes from while supporting local farmers and sustainable practices, according to a news release.

California Crunch Day aligns with DMUSD’s Destination 2028! Strategic Plan and the Portrait of a Learner, specifically the Global Citizen competency, which encourages students to understand how local choices can positively impact the environment. By sourcing produce locally, DMUSD reduces its carbon footprint while also supporting the local economy, the news release stated.

In addition to the environmental benefits, DMUSD’s Child Nutrition Services team values the efficiency of using local produce.

“Because local apples don’t arrive with stickers, our team can wash and serve them faster,” explained District Dietitian Katie Morgan, RDN, in the news release. “That one small change saves time and resources, making the process more efficient and fiscally responsible.” This commitment reflects Lever 3: Stewardship of Resources, one of the Strategic Plan’s priority actions.

DMUSD Superintendent Marisa Janicek shared in the news release, “California Crunch Day is a wonderful example of how learning extends beyond the classroom. When our students experience the connection between healthy food, local farms, and environmental responsibility, they are growing as global citizens. We are proud to engage them in activities that prepare them to lead and innovate in a changing world.”

For more information about California Crunch Day, visit www.caff.org/crunch.

