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HOM 101

About Montana Harvest of the Month

The Montana Harvest of the Month (HOM) program showcases Montana grown foods in Montana schools, institutions and communities. Each month, participating programs focus on promoting one locally grown item (e.g., winter squash) by serving it in at least one meal or snack and displaying and distributing HOM materials. Additionally, schools participate by offering taste tests to students and conducting educational activities. Montana Harvest of the Month is a perfect way to launch or grow a farm to school or farm to cafeteria program as it provides an easy framework to follow and ready-to-use materials. Participating sites will receive a free packet of materials (includes posters and cafeteria, classroom, and home handouts) as well as guides, additional resources, and training.

How You Can Participate

• **Gather your team and register for HOM today!** Your team should include at least a food service staff member, administrator, and educator or provider. Share the short video: [www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth).

• **Find and integrate the HOM foods in at least one meal or a la carte option per month.** The *Cafeteria Bites* handouts include standardized recipes, cooking tips and menu templates that make it easy to showcase HOM foods. You can also incorporate the HOM foods into your existing recipes or feature on the salad bar. Need help finding or purchasing local foods? Visit: [http://www.montana.edu/mtfarmtoschool/resources/school-food.html](http://www.montana.edu/mtfarmtoschool/resources/school-food.html).

• **Involve parents and community members.** HOM is a perfect way for parents or other community members (such as Master Gardeners, MSU Extension Agents, college students, non-profit organizations, ranchers, farmers, food businesses, grocery stores, etc.) to be involved. Send recipes and *Harvest at Home* handouts with students to share with parents. Share stories and HOM information on your website or social media pages.

• **Display the posters** in the cafeteria or on a bulletin board. Additional posters are available for purchase.

• **Promote the Harvest!** The *Harvest at Home* handouts and newsletter content includes recipes, fun facts, shopping tips, cooking tips, and children’s book ideas. Share this information with staff and patrons of your institution and coordinate with food service staff so HOM information goes out near the time that the item is served in a meal. HOM activities engage people in learning about the HOM item so that they are more interested in trying and eating new foods. We’re always looking for new ways to share the harvest, so feel free to share your ideas with the whole HOM team by submitting your story at [http://www.montana.edu/mtfarmtoschool/connect/share-story.html](http://www.montana.edu/mtfarmtoschool/connect/share-story.html).

Dig Deeper

Get more information, register, or download resources:

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[www.montana.edu/mtharvestofthemonth](http://www.montana.edu/mtharvestofthemonth)
September 2017 - June 2018

Calendar

Sept – Summer Squash
October – Kale
November – Apples
Dec – Winter Squash

January – Carrots
February – Beets
March – Beef
April – Grains

May – Lentils
June – Leafy Greens

Although we recommend following this calendar, your school or program can change the calendar to suit your needs. None of the materials are printed with the month. The calendar will likely change each school year to allow for new harvest foods.

For More Information
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The Montana Harvest of the Month program showcases Montana grown foods in Montana schools and communities. This program is a collaboration between the Office of Public Instruction, Montana Team Nutrition Program, the National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, and FoodCorps Montana. More information and resources are available at: www.montana.edu/mtharvestofthemonth.

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