



Webinar Wednesday: Harvesting Montana Recipes Contest

Video Transcript

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It's 2 o'clock. Thank you everybody for joining us today for this Wednesday Webinar we're really excited to share with you we're kicking off a brand-new grant project under a new grant and it's a recipe contest this event today is funded with that new team nutrition training grant and that's a USDA grant that is awarded to the Montana office of public instruction we'd like to give a big shout out to our generous sponsors one of the best parts of this recipe contest is a 500 cash prize given to each of the six winning recipes and so our sponsors that will be providing the cash prizes are Montana school nutrition association sprout oral health dr jane Gillette and northern pulse growers we also would like to recognize our other sponsors which are MSU, Montana team nutrition, and Montana opi school nutrition programs just a little housekeeping as we jump in here is we would ask you to keep your microphones muted unless you are speaking and then feel free to unmute yourself and ask questions or share information as we go along everyone's doing a lot of chatting already in the chat box so please use that chat box to ask questions share information make comments and then also this is where we take attendance so if you would please sign in with your name and the name of anybody watching with you, your school district name and your email address and then we do want to let you know that this webinar will be recorded and the recording a copy of the slides and any resources will be available on the recipe contest home page and it will also be available in that great professional development google drive which is located on the school nutrition program's professional development page, next slide please. I'm Molly Stenberg and I'm joined today by my co-workers Aubree Roth and Sarah Penix. Sarah really helps do a lot of the back end of the work on this project such as getting the website up and going and posting the recordings um I also am thrilled to share with you that we have um as part of this project an advisory committee where we

ask professionals that are in the know to give us some real world advice and kind of help us with the planning and the rollout steps for this project and so we have some of our advisory committee members on today and that includes Erin Turner, a school nutritionist program specialist Cindy Giese is a peer educator and Louise Chandler is the food service director at Knox schools and she's also our president of our Montana school nutrition association so um thank you to those wonderful ladies for advising us. Next, we're going to talk about a few things today and the first one being introduce you to the harvesting Montana recipes contest we'll share with you the contest details and how to enter the contest and then we'll answer any questions about the contest really encourage all of you wonderful school food service professionals and cooks to consider submitting a recipe to the contest and then we'll be looking ahead to recruiting we'll be looking for six school districts to test pilot the recipes that will be developed um next this like i've mentioned this grant is a brand new grant from team nutrition and Montana was one of 15 states to receive this round of grant funding and we're really excited about it because it deals with food and it deals with schools and those are two of the things that we really like to work in the realm of so through this project we will be developing six recipes for schools that feature these local foods that are grown in Montana: barley beets bison chokeds cherries sweet cherries lentils and winter squash and if you're interested to see what the recipes that will be developed by the other states i did put the website below this picture on this slide and it's interesting to see what foods the other states will really be focusing on and the outcome of this is that these recipes will be shared with our schools in state and with schools all across the nation so that's exciting to think about that in addition to the recipes this two-year project includes student and community engagement nutrition education and taste testing the recipes will be served in the school meal and we will look forward to working with six school districts next for those of you schools that already participate in harvest of the month this contest um really might be ready made for you, i put an arrow on current harvest of the month foods that are in our calendar so if you are using um your own recipes for cherries winter squash lentils beets or barley we encourage you to submit those recipes and if you are a school that is not currently on harvest of the month you don't have to be on harvest of the month to participate in this project but if you are it's just kind of a natural fit might make it a little bit easier because you'll already have the tools and the nutrition education pieces in place all right i'll turn it over to you Aubree awesome hi everyone

I'm Aubree roth I'm the Montana farm to school coordinator with Montana team nutrition program I'm really excited about this contest to see your delicious recipes I'm making sure that I'm well fed before looking at them because I'm sure i'll be salivating the whole time um so um just a little bit more about this contest and i'll go through the um the nitty gritty rules and eligibility so this is a recipe contest as shown here um for those those seven featured foods we are really hoping to support Montana's agriculture especially our local producers that are serving local schools and develop recipes that are really kid friendly nutritious and delicious um i'll go through who and more eligibility here in a second and all information that i'll be talking about is on um the event page um so and i'll also go through the contest um dates but this runs it's now open until january 15th so let's look at the um the nitty gritty rules here so I'm going to be going through the rules as shown in this document but i won't be actually showing the document um but i encourage you to really read this rules document even though I'm going to kind of walk you

through here to make sure you can use the rules document as a checklist and that will help you make sure that your recipe and that your school meets the eligibility and that you've submitted everything correctly for the recipe contest um like i said everything is on this website um so don't feel like you need to keep keep up taking notes or memorize everything from this webinar it's all there so you can see that later so this recipe is open to all staff and students at Montana public and private schools that participate in the USDA school breakfast lunch or after-school meal programs including schools who are currently operating the summer food service program for this school year so for example this means that students at in an fcs class could submit a recipe as well as school nutrition professionals at the school in addition teachers or other school staff could also submit recipes schools that are not participating in one of the USDA school nutrition programs are not eligible up to four entries will be accepted from each school district so be sure to coordinate with anyone else at your school district who might be submitting recipes so one recipe can be submitted per entry so that counts as one one recipe is one entry per form this recipe could be one of your old favorites or it could be a newly developed recipe you do not need to create a recipe from scratch for this contest but you are certainly welcome to maybe that will be a fun challenge for you a recipe can be adapted from another source and that source should be indicated on the recipe that you submit the recipes can be an entree or side for a school lunch or breakfast grain-based desserts are not eligible prior to entering the recipe into the contest the recipe must have been tested with students we want to make sure that it's one that students enjoy so this means that it could have been served in a school breakfast snack or lunch or served as a taste test in the cafeteria or classroom probably no surprise to you recipes containing alcohol or non-nutritive sweeteners are not eligible recipes also must follow the buy American provision which means only domestically produced fruits and vegetables are allowed unless those are not grown commercially in the us um so that shouldn't be an issue for many of your recipes these are featuring Montana grown foods speaking of Montana grown foods this recipe must include one of the Montana grown-a-raised foods listed here as one of the main ingredients which means one of the top four ingredients in the recipe the featured food can be in any form for example the recipe could use whole grain barley flour instead of like actual whole barley grains the recipe can absolutely include more than one of the required foods and i'd love to see someone try to make a recipe that included all of them but that might not be feasible but have fun with it and include at least one of these foods the recipes need to meet USDA guidelines therefore they must be low sodium being 200 milligrams or less per serving for side dishes and 450 milligrams per or less per serving for entrees saturated fat must be less than 10 of total calories and for recipes that contain grain-based ingredients they must meet the USDA's definition of whole grain rich which is at least 50 percent or more of grain ingredients by weight are whole grains so half of your grains must be whole grains to me whole grain rich to determine the sodium and saturated fat amounts we recommend using the recipe analyzer at verywellfit.com which is linked on this slide and is also in the rules document it's very easy to use recipes must also include all of the information on this slide this is listed in the rules document so I'm not going to read every piece but these are pretty standard pieces of a regular recipe especially for you school nutrition professionals you're used to seeing a recipe that includes all of this information so again that is listed in the rules document we do prefer recipes that are submitted as microsoft word

documents it just makes it easier for us to edit them but that is not required so if you need to submit it in a different format you certainly can and also to make it easy for you to ensure that you have all of the required information that's listed here we have created a recipe template for you to use using the recipe template is entirely optional and molly will show you that later on the so that covers all the specific rules about who can enter and what recipes are eligible the contest starts now so you can get your recipes ready and start submitting even right after this webinar and the deadline for submitting your delicious recipes is January 15 at 11 59 pm mountain standard time after the contest period closes a judging panel will select six winning recipes the school nutrition program or the student club or class from that school will receive money will not be awarded to individuals to share the love we will award no more than two prizes to a single school district so i think that covers the rules i recommend as i said before to use that rules document as a checklist to make sure your recipe and your entry meets all of the criteria before you submit so i look forward to seeing your delicious recipes and i will turn it back over to molly thank you Aubree okay i just i want to share a little bit of information a little more specific about some of the rules and the procedures so one important thing to consider before you're entering a contest is you do need to serve the recipe with students either in a school snack meal or in a taste test that would occur in the classroom or the lunch room so if you have a recipe that you're already serving that they like you've already met that step if you have a recipe a home recipe that you have in mind and you already have your menu planned for the next month and a half don't feel like you have to make 100 servings of it and serve it to your in a school meal but you could often do a a taste test or in a snack something like that so the purpose of it is so that students so that we know it's a fairly kid-friendly recipe um that it tastes good and that students like it um the next thing that you will do is you will prepare your recipe meaning that you'll gather up the all of the information needed and either put it in a word file and send it to us or use the optional recipe template which i will show you on the next slide or if you just have a picture of it and you don't have time to type it up you're welcome to send that in too but it really does help us if we have it in a format that we can work with and then you will submit your recipes to us using an online form which is located on the recipe home page and you'll want to submit it by January 15th we are not accepting recipes in the mail or over email everything it will need to come in through this online form and it's really easy to use okay next this is what the recipe form looks like and those of you that are already using standardized recipes you'll um you will see that this is pretty familiar all of the information required in your recipe has been provided on this form so that would ensure that you're meeting all that all the requirements if you choose to use the form and we've tried to lay it out in a very simple manner there's a link to that nutrition calculator on the bottom in blue font that you can use to calculate your sodium in percent saturated fat and if you have any questions at all once you're into this recipe template and you want to run any questions by me before you submit it please do just give me a phone call or an email and we can help you make sure your recipes in good shape as you're working on getting it ready next so once your recipe is typed up and ready you've already served it to a group of students now is now you're going to be ready to submit your recipe online so one thing you want to do before you get into the online submission is have your recipe saved on your computer and ready to upload it so you can save it on your desktop you could save it in a recipe file just make sure you have it there and you'll be ready to upload it

you'll enter the contest through the recipe main events page and like Aubree said you will do one form for each recipe and you'll want to be sure and upload the recipe and hit the submit button so let me show you what that looks like this is the recipe home page and on this home page you will see that you cannot see your screen or you're not nope at least I'm not okay thanks for telling me this will stop other screen sharing do you want to continue yes okay now are you seeing it yep okay thank you this is the home page for the recipe contest and there's three important things on it the first one is the recipe contest rules the next one is the recipe template which we just looked at and the third one is the online entry form so you'll click on that online entry form and once you get into there again if you need to go back and look at the contest rules you can find those here you have the recipe template and then down here is where you'll actually enter the contest and submit your recipe so you'll want to fill out each section here is where you'll let us know which Montana grown food are in your recipe that you have tested it with students and here's where you'll upload your recipe so you'll click on this box it'll take you to wherever you have your recipes at like if i wanted to do this beet and feta salad recipe i would choose that and you'll see it's uploading here and then you'll hit the submit I'm just gonna put well you'll know this is a test and then that's all you do submit it and your recipes oh i didn't answer all the questions so if you don't answer all the questions it'll make you go through and do that and then please do hit the submit button so that we know it's submitted so it's pretty it's very easy to navigate if you're into it and you have questions please do contact us and we will help you all right i'll turn it back to aubrey all right i think you should be seeing my screen now yes we are okay there you go all right katie has some information in the chat box which is important so let's do share that the cash prize can be used for what your program needs food costs associated with any taste testing or trialing of the recipe uniforms aprons equipment staffing supplies marketing or other program costs of your choice any professional development that you might be on participating in and so again we really appreciate the support of our partners for the cash prizes um all right once we get the recipes awarded and we've picked the winning recipes then the next step is we will be looking for six school districts to carry the project forward and so what would these six school districts do as a test site these are some of the main activities they would complete taste testing with the students they would evaluate the recipe so they would prepare it in different size quantities that taste test it with their staff really let us know if it's a good recipe as far as flavor texture color um they'll lead some nutrition education relevant to the food highlighted in the recipe using their harvest of the month program materials so the nutrition education does not have to be completed by the food service director it can be completed by a classroom teacher or other staff if you have an after-school after-school program or maybe your family consumer science teacher would help do some nutrition ed with the younger students so nutrition education is a part of this project but it's not necessarily something that you would be doing as a food service director you would serve the recipe in a reimbursable school meal and then the time commitment that the test schools will be working with us is actually a two-year time commitment so um it goes over two years but the time the time itself is not is not to we won't overwhelm you but we feel like it's really important to get the recipes out in the hands of really experienced cooks because you're creative and how you prepare them what you would serve it with on the menu and really getting that feedback because our overall goal is to develop a recipe that schools will use and students will eat and enjoy so

that's where the six um six test schools come in so that'll be a really important role next all right we will be opening up applications for schools to apply to be one of the six test sites within the next couple of weeks so if you are think that you might be interested in that you will want to watch Montana lunch line for details or you could contact Aubree roth directly and let her know that you're interested we'll open applications for schools to apply in december and then we will select those schools in january and so things that we would consider when selecting schools to be one of these is the culinary skill of the staff are you a school that already does a lot of from scratch cooking diversity and district enrollment and geographic location with all of our projects we really strive to work with schools of different sizes and different locations around the state and this project will feature a bison recipe so we'll very likely be picking a native american school district to test the bison recipes participation in Montana harvest of the month is preferred but it's not required and if you aren't participating now and you want to sign up you can certainly do that and then ability to successfully conduct taste tests and provide nutrition education so if you know you already have a good partner with a teacher or another staff that already does those kinds of things that's kind of a natural fit but really anybody who's passionate about local food and passionate about cooking we invite you to apply to be a test site um kind of the carrot other than learning along the way and teaching others is that for the two year time period you will receive a sub grant of 2 500 for each of the six pilot schools to help offset costs of the program and we would ask that all of that money be spent by the end of june of 2022 okay next okay so i guess in a nutshell we're so excited to open the recipe contest and hoping to collect lots of tasty colorful fresh recipes and then shortly after that we'll be identifying six schools that will help us roll out the rest of the contest and really help get us to the goal of developing recipes that can really be used in schools so with that said um could we open it up does anybody have any questions or comments about anything we've discussed so far is there a limit on how many recipes a school program or district can submit we set this up so that each school district could enter up to four recipes and then to really share the prize money one school district is eligible to receive two cash prizes we're hoping that we could get some student groups involved so if any of you are from schools that have a fairly active family consumer science teacher or a fccla program or even an ffa program um like i wonder if patti armbrister from hinsdale with her farm to school initiatives would have her students come up with a recipe be nice because they're the ones that are going to be eating it so if they like it i think we have one poll question that we could it looks like we have one more question molly from louise do you have a suggestion for schools that are currently remote um my suggestion i'm sure there's multiple ways of handling this but my suggestion would be to submit a recipe that you've already served with the students i know louise you personally have a lot of great recipes that you've probably already served with the students that feature these foods so that would be my suggestion if you're not able to serve the item to students you do not need to collect any sort of tried it liked it loved it or other votes you just need to have served it either in a taste test meal or snack um so another thing if you're doing like grab-and-go meals and students are coming and picking those up then you would also be able to serve serve that in your grab-and-go meals rather than as a school meal so you don't technically have to collect any feedback at this point for the recipe contest good question um okay so the next question is since some of the products are seasonal do you have sources where schools can obtain them um and so for the

recipe contest if someone were to be making it right now and and let's say they were doing um cherries for example um and they're not able to find um the form of the cherry they want or if they're doing beets and they can't find beets right now you know it's fine for them to create the recipe without the Montana grown foods but knowing that the intent is for them to be served as such so if you were testing out a recipe now and let's say the beets weren't local Montana beets that's fine it's just that the recipe needs to feature that item in you know a Montana form i guess i'd also like to just throw out there that if a school if you are a school that would like to submit a recipe and possibly be a test site you could do that you could do both since we're not i guess we should clarify with the test schools they will not be testing recipes right away um and so we will um we will figure out the system of testing depending on where we're at with covid in the school situation so if someone's interested in being a test school but currently they're a remote school they should still apply because this project it you know extends not just in this school year so don't worry if your school is currently remote or if you're worried about um potentially going remote or changes that the the project continues on and we'll address that and reconfigure as we need to yes thanks for mentioning that Aubree we want to be really considerate of what schools are going through right now so we really will do our best to make it fit the needs of the school and fit their schedule and make it a good fit right katie has a comment if i find a recipe online and then want to tweak it to serve my students preferences and then serve it is that acceptable i would say yes you would just want to list the original source of the recipe and then you can alter it as much as you want to make it your own all right well everything that you would need to know is on the recipe contest home page which is listed here and as you get into it and you have questions please don't hesitate to reach out to either aubrey roth or myself and i know december is a crazy month for school so um if you're able to do it over your break or just whenever it's doable for you we're just really excited to see your recipes and know that we have a very creative hard-working bunch in Montana are there any other questions before we launch a poll okay if you would take a minute or two and let us know if you plan to submit a recipe molly i'm not sure if you can see the poll but we have three responses currently so i think i'll just go ahead and end the poll okay thank you Aubree and i can share the results there and it looks like people are not sure if they're going to enter the recipe contest yet well it's a busy year it's a busy crazy year and we really have a lot of wonderful state agency support on the call but because it is so busy we don't have a lot of food service directors who would very likely be the people submitting the recipes so um specialists if you are on if we can ask you if you know of schools that really excel in from scratch cooking or you've had their meals that you know are really good please feel free to reach out to them and encourage them to share their recipes and we will do the same i always love to have a recipe that's like less than six ingredients and really easy to prepare all right well i think then we are ready to sign off thank you everyone for your time today and please let us know if we can help you with your recipe oh deb has one i would love to submit a recipe but i cannot so if you want want to reach out to me for some culinary tips we'll do it deb and if you have recipes that you want to share with schools and ask them to submit that would be an option too well i know there's some great school um cooks out there so um i think we just need to really spread the word all right a cherry parfait yum okay you guys i think we'll sign off for the day thank you so much for your time

Aubree and sarah and tracy for your help and again thank you to our advisory committee members for sticking with us through the project



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

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