



HARVESTING MONTANA RECIPES CONTEST

January 2021 (Quarter 1)

Learn More

WEB

www.montana.edu/team_nutrition

<https://www.montana.edu/mtfarmtoschool/>

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Introduction to the 2021 TN Grant

SCOPE AND GOAL

In October 2020, Montana received funding to support a Harvesting Montana Recipes Contest. This will be a 2-year project carried out by Montana Team Nutrition in cooperation with Montana Office of Public Instruction. We will develop six standardized recipes for school meal programs using ingredients from foods produced in Montana including **barley, beets, bison, chokecherries, sweet cherries, lentils and winter squash**. Students and school staff will be actively engaged in recipe development and testing through a statewide Harvesting Montana Recipes Contest. Student and community engagement will be ensured through a sub-grant program awarding six school districts funds to support student taste testing, nutrition education, and meal service for one recipe. To ensure a collaborative approach is followed, school nutrition staff, educators, parents, students, farmers, and community members will participate in the process.

The Harvesting Montana Recipes Contest was promoted through an introductory webinar, existing email listservs, State Agency newsletters and regular correspondence to schools, and promotion to key partners using strong social media marketing and outreach. Recipes were accepted via a simple, online submission process.

Partnering agencies included: Montana School Nutrition Association, Sprout Oral Health, Dr. Jane Gillette, DDS, MPH, the Northern Pulse Growers Association, Montana State University Extension, Family Consumer Science Teachers across the state, Montana Office of Public Instruction Indian Education, and Fort Peck Tribal Community College.



RECIPE CONTEST DETAILS

The Recipe Contest was open to all staff and students at Montana public and private schools that participate in the USDA school breakfast, lunch, or after school meal program (including schools currently operating the Summer Food Service Program, SFSP, during SY20-21). Eligible recipes had to meet the following criteria:

- Showcase at least one of the targeted locally produced foods as a main ingredient. Main ingredient is defined as one of the top four ingredients. Targeted foods are: barley, beets, bison, chokecherries, sweet cherries, lentils, and winter squash.
- Recipe has been served to students in a school breakfast, school lunch, or taste test in the classroom or the lunchroom at the district submitting the recipe prior to submission.
- Recipes can be an entrée or a side for a school lunch or breakfast meal program. Sides are defined as a salad, vegetable, or grain product. Entrees could include soups or combination foods of one or more food component (i.e. protein, grain, dairy, vegetable, or fruit). The winning recipes will be targeted to K-12th grade students.



POSITIVE OUTCOMES

1. Schools could easily participate virtually in the recipe contest.
2. When and/or if schools closed, students tested their recipes on their family members in a home setting.
3. Winning schools will receive a \$500 cash prize to support their Family Consumer Science or school meals programs. (Cash prizes provided by partnering agencies; not Team Nutrition grant funds.)

The Harvesting Montana Recipes Contest ended on January 15, 2021. Thirteen school districts participated in the recipe contest which yielded 29 recipes which are currently in the judging process. Six winning recipes will be selected. These Montana recipes will be featured at the state and national level for other schools to serve and enjoy.

Team Nutrition Program works in close collaboration with the Office of Public Instruction School Nutrition Programs. This project was funded using U.S. Department of Agriculture grant funds.
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