



## Basics to Getting Started

# 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 sites focus on promoting one locally grown item (e.g., winter squash) by serving it in at least one meal or snack and displaying or distributing HOM materials. Additionally, schools, afterschool programs, early care and education (ECE) sites, and summer food service program sites participate by offering taste tests to children and doing educational lessons and 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 receive a free packet of materials (includes posters and cafeteria, classroom, and home handouts) as well as guides, additional resources, and training.

### Dig Deeper

Get more information, register, or download resources:

Molly Kirkham

Montana Local Foods Specialist

[mollyk@ncat.org](mailto:mollyk@ncat.org) | (406) 494-8672

[mtharvestofthemonth.org](http://mtharvestofthemonth.org)

## 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: [https://youtu.be/jnXFAupD\\_pM](https://youtu.be/jnXFAupD_pM)
- **Find and integrate the HOM foods in at least one school meal or snack 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>.
- **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.
- **(Schools, After-school, ECE, Summer) Conduct at least one HOM lesson each month.** The *Classroom Bites* handouts include a lesson plan for elementary-aged audiences, recipes, fun facts, cooking tips, and children's book ideas. Coordinate with food service staff so HOM activities occur before the item is served in a meal or snack. The most effective lessons are ones that include a taste test or a cooking project, but start small and make it manageable for the whole school year. Additional lessons, educational standards information (Common Core and Next Generation Science), and guides are available for registered sites.
- **(Schools, Afterschool, ECE, Summer) Conduct taste tests to help students become adventurous eaters.** Sites should conduct at least one taste test in a cafeteria or classroom each month and submit voting results using the *Tried It, Liked It, Loved It* voting system. Use the *Taste Test Guide* to set up a taste test system that works for you.

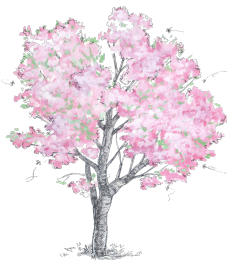
Updated July 13, 2021



August 2021 – July 2022

# Calendar

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



August – Cherries



September – Brassicas



October – Apples



Nov. – Winter Squash



December – Lentils



January – Carrots



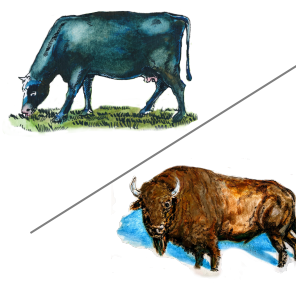
February – Beets



March – Grains



April – Chickpeas



May – Beef + Bison



June – Leafy Greens



July - Dairy

## For More Information

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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: <http://mtharvestofthemonth.org>.

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