



Cafeteria | Food Service Staff

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/or distributing HOM materials. Additionally, schools participate by offering taste tests to students, 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 will 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:

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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
- **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>.
- **Display the posters** in the cafeteria or on a bulletin board. Additional posters are available for purchase.
- **Clearly showcase HOM foods on your menu.** We have provided menu calendar templates that include the HOM logo, illustrations, and fun facts that you can easily edit and add your information. Feel free to use these or include the logos or illustrations on your own menu calendar. Be sure to clearly mark the HOM foods on your calendar by bolding, adding a star, or underlining. A dry-erase compatible static cling is provided to showcase the foods right on the serving line.
- **Tell your team when HOM foods are on the menu.** People will be more likely to try and appreciate new foods if they first have an opportunity to explore them. Coordinate with other team members so they can conduct activities or promotional events before you serve new foods or recipes. Consider setting up a consistent schedule such as "Montana Harvest of the Month Mondays."
- **Conduct taste tests.** Healthcare sites are not required to conduct taste tests but are encouraged to if they have the capacity. Use the *Taste Test Guide* to set up a taste test system that works for you.



August 2022 – July 2023

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



August – Cherries



September – Herbs



October – Brassicas



November – Apples



December – Lentils



January – Dairy



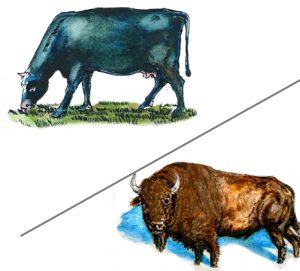
February – Beets



March – Grains



April – Chickpeas



May – Beef + Bison



June – Leafy Greens



July - Carrots



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, Montana State University, Gallatin Valley Farm to School, FoodCorps Montana, Montana Department of Agriculture, Montana Organic Association, and Abundant Montana. More information and resources are available at mtharvestofthemonth.org.

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