



## Cafeteria | K-12 School and Early Care 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 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 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 meal or snack per month.** The *Cafeteria Bites* handouts include standardized recipes and cooking tips, and the 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.** Students will be more likely to try new foods if they first have an opportunity to explore them. Coordinate with your educators so they can conduct activities or taste tests before you serve new foods or recipes. Consider setting up a consistent schedule such as "Montana Harvest of the Month Mondays."
- **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.



August 2023 – July 2024

# 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 – Herbs



October – Brassicas



November – Apples



December – Carrots



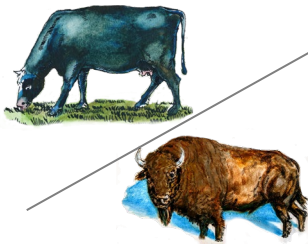
January – Lentils



February – Beets



March – Grains



April – Beef + Bison



May – Chickpeas



June – Leafy Greens



July – Summer Squash



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](http://mtharvestofthemonth.org).

Funds were provided in part by USDA Team Nutrition Training grants, USDA funds, USDA Farm to School grants, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, Montana School Nutrition Association, Montana Department of Agriculture Specialty Crop Block Grant, Montana Grains Foundation, Dairy MAX, Montana Pulse Crop Committee, and Montana Wheat and Barley Committee. The institution is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.