



Virtual Whole Grain Baking Workshop

A Montana Team Nutrition Success Story

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Cooking Up Comfort

In January 2021, Montana Team Nutrition lead a hands on, virtual whole grain baking workshop with school nutrition professionals as part of the Montana Cook Fresh Initiative. This workshop gave 11 school nutrition professionals from 6 Montana school districts an opportunity to practice baking from scratch while learning about the whole grain requirements and important nutritional benefits of serving whole grains in school meals.



PHOTO 1: WHOLE GRAIN HAMBURGER BUNS

WORKSHOP STRUCTURE

The 4-hour baking workshop was led by Cindy Giese, a former food service director and Montana School Food Service Peer Educator from Lewistown, Montana. Using Zoom, participants were able to bake alongside the culinary instructor and practice the key steps of bread making, including measuring, mixing, kneading, shaping, rising, and baking. While the dough was rising, Montana Office of Public Instruction School Nutrition Specialist Deb Jones, RD lead a lesson on the nutritional benefits and meal pattern requirements of whole grains in school meals. By the end of the workshop, participants were able to taste the recipes they had made and share their impressions of their product with the rest of the group.

EVALUATION

In the post workshop evaluation (n=5), 100% of respondents agreed or strongly agreed with the statement "This baking workshop made me feel more confident in my ability to bake from scratch".

ACKNOWLEDGMENTS

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