



# Montana Team Nutrition Success Story

## 2021 Team Nutrition Grant Cohort A

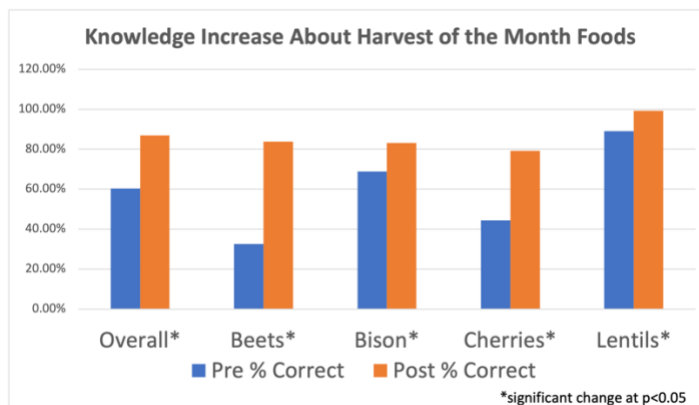
April 1, 2022 – June 30th, 2022

### HARVESTING MONTANA RECIPES PROJECT EXPANDS STUDENT MINDS AND TASTE BUDS!

The Harvesting Montana Recipes Project wraps up with all 6 test schools completing the Nutrition Education and School Meal Service phase. Student's knowledge of and willingness to try local foods were assessed for four locally grown foods – beets, bison, cherries and lentils. This success story showcases the increase in student's knowledge of local foods and the increased opportunity to taste/try local foods.

Focusing on Grant Objective 4 (Provide nutrition education to students on local agricultural products featured in the new school meal recipes), throughout this school year, 1098 students participated in a school meal featuring the local recipes. Over 375 students received nutrition education through the Montana Harvest of the Month program and 500 students participated in hands-on taste testing.

Student knowledge was assessed with a pre/post test method (students take pre test, participate in Harvest of the Month nutrition education, participate in a school lunch meal which features the recipe, and take the post test).



Results indicated an increase in student's knowledge related to the local foods overall. There was a significant ( $p < 0.0001$ ) increase in the number of correct responses (as compared to incorrect responses) from pre (60.23% correct;  $n=342$ ) to post (86.90% correct;  $n=374$ ) for overall knowledge (combined questions).  $n$ =number of students

Student's knowledge increased significantly related to each individual local food. Significance testing for increase in knowledge (number of correct responses from pre to post) for the individual foods:

- Beets: 32.56% ( $n=43$ ) to 83.72% ( $n=43$ ); significant  $p < 0.001$
- Bison: 68.82% ( $n=93$ ) to 83.15% ( $n=89$ ); significant  $p < 0.02$
- Cherries: 44.35% ( $n=124$ ) to 79.20% ( $n=125$ ); significant  $p < 0.0001$
- Lentils: 89.02% ( $n=82$ ) to 99.15% ( $n=117$ ); significant  $p < 0.001$

### Learn More

#### WEB

[www.montana.edu/teamnutrition](http://www.montana.edu/teamnutrition)

#### FACEBOOK

[www.facebook.com/MontanaTeamNutrition](http://www.facebook.com/MontanaTeamNutrition)

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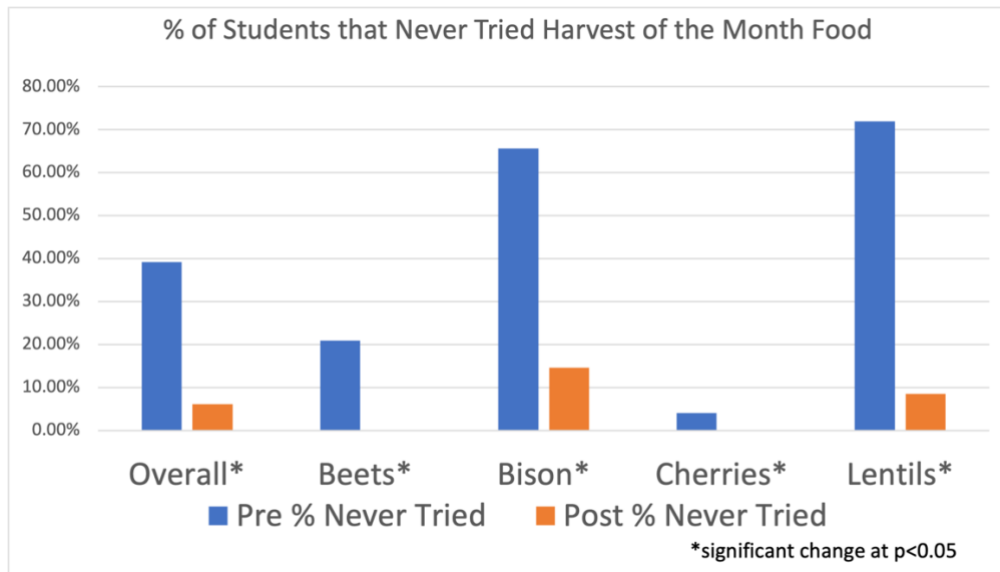
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## MORE MONTANA STUDENTS HAVE THE OPPORTUNITY TO TRY NEW, LOCAL FOODS

Students were able to taste local foods more often- thereby enhancing their exposure to locally grown foods at school. Results showed a significant decrease in the number of “never tried it” responses from pre to post for all foods combined. There was a significant ( $p < 0.0001$ ) decrease in the number of "never tried" responses from pre (39.18% "never tried";  $n=342$ ) to post (6.15% "never tried";  $n=374$ ).



The chart shows the number of students who reported “never tried” at pre and post for beets, bison, cherries and lentils. Here is the significance testing for the individual foods.

- Beets: 20.93% ( $n=43$ ) to 0.00% ( $n=43$ ); significant  $p < 0.002$
- Bison: 65.59% ( $n=93$ ) to 14.61% ( $n=89$ ); significant  $p < 0.0001$
- Cherries: 4.03% ( $n=124$ ) to 0.00% ( $n=125$ ); significant  $p < 0.02$
- Lentils: 71.95% ( $n=82$ ) to 8.55% ( $n=117$ ); significant  $p < 0.001$

It is interesting to note that while Montana is the state which produces the largest amount of lentils, 70% of students reported never trying lentils. After participation in this project, only 8% of students reported never trying lentils. The percentage of students who had never tried bison decreased from 65% to 14%.

### BEST PRACTICES AND LESSONS LEARNED:

1. School Food Service Directors successfully provided nutrition education activities using short Harvest of the Month videos and other HOM materials. Nutrition education was led by the School Food Service Director or by classroom or Health Enhancement teachers.
2. Making the test testing fun with stickers, prizes, or a special guest helps more students participate.

The Harvesting Montana Recipes are available from Montana Team Nutrition and will be added to the Child Nutrition Recipe Box (nation-wide recipe source) soon!  
[www.montana.edu/teamnutrition/montanarecipes.html](http://www.montana.edu/teamnutrition/montanarecipes.html)

