

Veggie-licious! Workshop Overview and Agenda

Length: 2 1/2 hours

Description: Looking for new ideas on how to motivate students to enjoy a variety of vegetables that include dark green, red/orange vegetables and legumes (lentils and dried beans/peas)? Join us for a workshop that explores delicious new recipes and strategies to get students excited about trying new vegetables. You will be inspired to mix up your typical "menu go-tos" for the service line, salad bar, and grab and go meals.

Professional Standard Codes: 1110; 2120; 1140

Time: 1:30 to 4:00 2.5 hours

Objectives: Participants will:

- 1) List one reason of the importance of consumption of dark green, red/orange and dried beans and peas
- 2) List one example of a vegetable from each of the three (above) vegetable sub-groups
- 3) List 1 recipe guide/resource for sourcing standardized recipes for the three vegetable sub - groups
- 4) List one new recipe for the three vegetable sub groups for each of the following service styles: lunch: main line, salad bar, grab and go lunch, and breakfast menu: main and grab and go.
- 5) List 3 ways (Smarter Lunchroom strategies) to help motivate students to select menu items containing these vegetables
- 6) Understand how to prepare dried beans and peas using dry or canned sources; and how to prepare lentils. Identify dried bean/pea and lentils from the USDA Foods
- 7) Understand the use of a Flavor Station

Outline

- 1:30 Introductions and Review of Objectives and Agenda
- Sign in Sheet
- Pretest
- 1:45 Subgroup Game – Name one Vegetable Subgroup
Overview of importance of 5 subgroups - Emphasis on B/P/L, R/O, DG/LG subgroups
Procurement (local, regional, and USDA Sources)
- 2:15 Demonstration and review of cooking techniques for Dried Beans and Peas
Salad Bar Best Practices Checklist and Eat the Rainbow Guides, Taste Test of one salad bar recipe



This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider and employer. If you have questions about this resource, please contact Montana Team Nutrition: <https://www.montana.edu/teamnutrition/>

- 3:00 Break 15 minutes
- 3:15 Recipe Ideas for Lunch, Main Line, and Grab and Go
Recipe Sources
Taste Tests TI, LI, LI method of 1 recipe
Flavor Stations for Enhancing student Acceptance
Include Cultural Meals Ideas (Breakfast)
Marketing Techniques (signage)
- 3:45 Post Test
Evaluation Form
- 4:00 Adjourn

Resources:

Salad Bar [Scorecard](#)

Salad Bar Guides:

- A Field [Guide](#) to Salad Bars
- Make A Rainbow on Your Tray Day [Guide](#)

Attachments:

PowerPoint Presentation

Handouts:

Eat the Rainbow Salad Bar Best Practice Guide

Recipe and Taste Testing Resources

Pre/Post Survey

Evaluation form



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