



Harvesting Montana Recipes Contest 2021

Official Rules

About

Montana Team Nutrition Program at Montana State University is partnering with Montana School Nutrition Association, Sprout Oral Health, Dr. Jane Gillette, DDS, MPH, and the Northern Pulse Growers Association to host a statewide recipe contest, *Harvesting Montana Recipes*, to collect recipes featuring: barley, beets, bison, chokecherries, sweet cherries, lentils, and winter squash. Six winning recipes will be selected. Recipes eligible for consideration can be an existing or new recipe. The recipe can be from a personal recipe book or from another source. These Montana recipes will be featured at the state and national level for other schools to serve and enjoy.

Eligibility

The Recipe Contest is open to all staff and students at Montana public and private schools that participate in the USDA school breakfast, lunch, or after school meal program (includes school currently operating the Summer Food Service Program, SFSP, during SY20-21). Eligible recipes must meet the following criteria:

- Showcase at least one of the targeted locally produced foods as a main ingredient. Main ingredient is defined as one of the top four ingredients. Targeted foods are: barley, beets, bison, chokecherries, sweet cherries, lentils, and winter squash.
- Recipe has been served to students in a school breakfast, school lunch, or taste test in the classroom or the lunchroom at the district submitting the recipe prior to submission.
- Recipes can be an entrée or a side for a school lunch or breakfast meal program. Sides are defined as a salad, vegetable, or grain product. Entrees could include soups or combination foods of one or more food component (i.e. protein, grain, dairy, vegetable, or fruit). The winning recipes will be targeted to K-12th grade students.
- Grain-based desserts are not eligible.
- Recipes that contain alcohol or non-nutritive sweeteners are not eligible.
- Recipe must contain only domestically produced fruits and vegetables in accordance with the Buy American Provision.

- ❑ Recipes will meet the following nutrition guidelines:
 - Sodium (200 mg or less of sodium per serving for side dish items and 450 mg or less of sodium per serving for entrées).
 - Saturated fat less than 10% of total calories.
 - Grains shall meet USDA’s definition for whole-grain rich. (At least 50% or more of the grain ingredients by weight in the recipe are whole grain; the rest of the grain ingredients are enriched grains. Provide the ingredient list for any grain products used in the recipe (flour, barley, rice, pasta, etc.).
 - It is preferred that the person submitting the recipe provides a simple nutrient analysis with the recipe to meet the sodium and saturated fat guidelines. Source for nutrient analysis program: <https://www.verywellfit.com/recipe-nutrition-analyzer-4157076>.
- ❑ Recipes must include the information listed below. The provided recipe template provides spaces for all of the required information. Using the recipe template is optional. Submitting recipes as Microsoft Word documents is preferred, but not required.
 - Name of person submitting the recipe
 - School name and school district name
 - Name of recipe
 - Number of servings (yield)
 - Serving size (size of individual portion)
 - Recipe category (entrée, side dish, etc.)
 - Ingredients and ingredient amounts (weight or volume)
 - Directions (step by step for recipe preparation)
 - Oven temperature and cook time (if applicable)
 - Nutrients (sodium in mg and saturated fat (% of total calories))
- ❑ Recipes will be judged by a panel using the criteria listed above as well as: appropriateness for school meals, meeting meal pattern requirements, creativity, and appeal to students.
- ❑ School districts can enter up to four recipes.

Questions?
 For more information or questions contact:
 Molly Stenberg
 Montana Team Nutrition Assistant Director
 stenberg@montana.edu | (406) 994-7217

Sponsor

The Harvesting Montana Recipes Contest is sponsored by Montana Team Nutrition Program, Montana State University, Montana School Nutrition Association, Sprout Oral Health, Dr. Jane Gillette, DDS, MPH, and Northern Pulse Growers Association. This project is funded in part by a 2021 USDA Team Nutrition Training Grant. The USDA is an equal opportunity employer and provider.

Contest Period

The Recipe Contest will take place between December 1, 2020 and January 15, 2021. The submission period will open at 12:01am MST on December 1, 2020 and will end at 11:59pm MST on January 15, 2021. Entries submitted before or after the submission deadlines will not be eligible.

Prizes

Through support from Montana School Nutrition Association and Montana State University, **a \$500 cash prize will be provided for each of six winning recipes.** The cash prize will be provided to the winning school district

(school meal program, student club or class). A school district can receive no more than two prizes. Prizes will not be awarded to individuals.

How to Enter the Contest

- **Serve the recipe featuring one of the seven targeted locally grown foods to students in a school snack, meal, side dish, or in a taste test in the classroom or lunchroom.**
- **Submit your recipe.** Entries must be made using the online form
Additional forms of entry such as email or mail will not be accepted.

Resources

- Use the **recipe template** to ensure all required information is included in the recipe submission. Using this recipe template is optional.
- A simple option for nutrient analysis (sodium and saturated fat) is the [Very Well Fit Recipe Nutrition Calculator](#).

Your Rights

Your recipes will help promote Montana grown foods. The winning recipes will become part of the USDA's Child Nutrition Recipe Box and be used by schools from across the nation.

You will retain all rights to any material you submit -- including ownership, if applicable. You grant Montana Team Nutrition Program a royalty-free, nonexclusive right to display the photograph, recipe, and information on the Sponsor's website, in electronic and print materials, on social media platforms, and other mediums in perpetuity. You agree to allow third-parties to share the photograph or recipe on social media platforms such as Facebook and Instagram. Your recipe may be altered during the testing process.

Institution, business, school, or student club name, city, and state may be used in promotions and other publications.

For More Information

Contact Molly Stenberg, Montana Team Nutrition Assistant Director
stenberg@montana.edu | (406) 994-7217

Developed by Montana Team Nutrition

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USDA is an equal opportunity provider, employer, and lender.



Harvesting Montana Recipes Contest – Recipe Form

Name of person submitting the recipe:

School name:

School district name:

Name of Recipe:

Number of servings (yield):

Serving size (size of individual portion):

Recipe category (entrée, side dish, etc.):

Recipe source:

Ingredients	Amount (weight or volume)	Directions (Include step-by-step instructions.)

Oven Type	Oven Temperature	Baking Time
Conventional Oven		
Convection Oven		

Nutrients	Amount Per Serving
Sodium (mg)	
Saturated Fat (% of total calories)	

Recipe Analysis

Calculate the recipe's nutrition facts using nutrient analysis software. One easy option is the [Very Well Fit Recipe Nutrition Calculator](#). When entering information into the calculator, it is important to enter the number of servings and the serving size in order to get the most accurate values. Add nutrient values (sodium and saturated fat) to the table above once they are calculated.