Montana School Meals Culinary Workshop

As part of the Montana School Meals Certificate Program, Montana Team Nutrition has designed Culinary Workshops for school nutrition professionals to improve knife skills, scratch-cooking techniques, and discover new recipes. These workshops are intensive all-day events requiring an initial registration, pre-assessment, and post-assessment after the training. Chef's uniforms were purchased for each participant to elevate their professionalism and position in their kitchens. Workshops were held regionally in local school's Family and Consumer Science classrooms. Ideally, the teaching space is large enough for 20 adults to work comfortably, allowing for a maximum of 3 people per station. Instructors and guest speakers included a professional chef, regional school food service trainers, Indigenous Foods experts, a Montana School Nutrition Association board member, and a state agency School Nutrition Program Specialist.

Training Content

Mise en place, reading a recipe and production planning
Knife skills lesson led by professional Chef
Preparing salads, salad dressings, soups and entrees
From scratch whole grain yeast bread from start to finish
Whole grain quick breads
Incorporating Indigenous and local foods in school meals

Culinary lesson plans developed by Montana Team Nutrition
https://www.montana.edu/teamnutrition/cookfreshcurriculumdownload.html

Recipe sources:
Montana Cook Fresh Recipe Book
https://www.montana.edu/teamnutrition/documents/MTCookFreshCurriculumRecipeBook.pdf

USDA Child Nutrition "Harvesting Montana" Recipes developed by Montana Schools
https://theicn.org/cnrb/state-agency-developed-recipes/#state-recipe-grid+s:Montana

Institute Child Nutrition (ICN) Recipe Box
Chef Ann Foundation, The Lunch Box School Recipes
Let's Cook Healthy School Meals Project Bread Cookbook
New School Cuisine Cookbook from Vermont Feed
Healthier Kansas Menus
Healthy School Recipes

One Day Culinary Workshop Agenda for Instructors

Date and Location:
School/location phone:
Parking instructions:
Entrance instructions:

Participant Learning Objectives:

- Learn and practice culinary skills to prepare fresh recipes and scratch cooked meals with eye-appealing presentation.
- Feel comfortable in preparing and serving culturally diverse recipes and foods in your school meals program, including indigenous foods from Montana.
- Create connections with peers, trainers and school nutrition professionals throughout the state.
- Practice seasoning foods with herbs and spices to enhance flavor while decreasing sodium.
- Understand where to find reliable sources of standardized recipes.

7:30 am check in. Class from 8:00 – 5:00 pm

Time	
7:30	Check in - give chef outfits, get changed, give folders, coffee and water, settle in
8:00	Welcome and Introductions Tour of kitchen and stations Production planning and mise en place, reading the recipe all the way through, clean as you go.
8:20	Mise en place and knife skills lesson Chef's lesson - 1.5 hours
10:00	Cooking projects on soups and salads, salad dressings, and entree bowls Introduce scratch salad dressing recipes. Use of herbs/spices info to decrease sodium and enhance flavor. Give recipes for herb blends- onion, garlic, thyme, pepper. Universal spice blend recipes. Flavor shakers instead of salt shaker. School Food Service Director share how they decrease sodium by use hot sauces, making salad dressing recipes, how to handle soy sauce's high sodium, and taste test scratch-made salad dressings.
12:00	Set up lunch from 12 - 12:15. Eat from 12:15 - 12:45.
1:00	Measurement and weighing lesson
1:15	Whole grain baking- demo step by step the regular whole wheat dough Have the yeast bread ingredients pre-measured and in the stations. While yeast bread is raising, groups can be mixing their quick breads.
4:30	Q and A time, post-workshop evaluation and closing. Day ends at 5 pm.

Two Day Culinary Workshop Agenda for Instructors

Date and Location:
School/location phone:
Parking instructions:
Entrance instructions:

Time	Day One:	Time	Day Two:
9:00	Check in	7:30	Check in
9:15	Welcome and Introductions Tour of kitchen and stations	8:00	Welcome, recap of Day One
9:30	Mise en place and knife skills lesson by Chef instructor.	8:20 – 8:45 equip demo	Start with equipment demonstration. Then, break into 2 groups – one group practices with the equip, while the other learns about spice blends, cooking with herbs to decrease sodium. Groups switch.
11:00	Cooking projects on soups, salads and salad dressings	9:45 – 11:45 am	Building a bowl cooking activity
12:15	Lunch	12:00	Lunch
1:00	Measurement and weighing lesson	1:00	Recipe discussion, ideas, feedback (15 min) Incorporating Montana Foods into your menus: Indigenous foods (20 min) Getting started with Farm to School locally grown foods and Harvest of the Month (20 min) Introduce MT School Nutrition Association (15 min) Q and A with SNP Regional Specialist
1:30	Whole grain baking	2:20	Sources for finding Standardized Recipes, scaling recipes
4:30	Wrap up with Q and A with the Specialist Recap and instructions for Day Two	3:00	Post- Institute evaluation and closing. Adjourn by 4:00 pm

Participant Learning Objectives:

1. Learn and practice culinary skills to prepare fresh recipes and scratch cooked meals with eye-appealing presentation.
2. Feel comfortable in preparing and serving culturally diverse recipes and foods in your school meals program, including indigenous foods from Montana.
3. Create connections with peers, trainers and school nutrition professionals throughout the state.
4. Practice seasoning foods with herbs and spices to enhance flavor while decreasing sodium.

5. Understand where to find reliable sources of standardized recipes.
6. Participate in a meet and greet session with a Montana School Nutrition (MTSNA) Association Board Member and learn how MTSNA can support new school food service directors.

Sponsored by:

- Montana Team Nutrition with a 2022 Team Nutrition Grant
- Montana Office of Public Instruction School Nutrition Programs
- Share Our Strength (MT PECH) Community Nutrition Grant
- Montana State University

Donations provided by:

Provide contact information for all instructors:

Culinary Workshop Registration

Montana School Meals Certificate Culinary Training Registration

Thank you for registering for a 2-day, hands on Culinary Training as part of the Montana School Meals Certificate Program. This Culinary Training will provide 15 hours of professional development. Each individual interested in participating needs to complete this form separately. Please complete and submit this registration survey by (insert date) to allow us time to order your professional chef outfit.

Please note the following details regarding evaluation of the culinary training:
You are being asked to participate in a culinary training that is part of a research study. This information will help us improve the training and design future trainings for school food service professionals. Participation is voluntary, you can choose to not answer any question that you do not want to answer, and you can stop at any time. You will also be asked to complete a post-survey following your participation in the training. There are no foreseen risks. There will be no penalty if you decide to decline to participate. There is no cost to you. Your answers will be kept completely confidential and your name will not be associated with any research findings. If you have any questions, please contact Haley Scott at haley.scott1@montana.edu or call 406-994-5641. By completing this survey, you consent to participate in the study.

First name _____

Last name _____

Your school_____

The best email address to contact you over the summer

_____

The best phone number to contact you over the summer

_____

Which culinary training will you attend?

- o Billings July 12-13th
- o Great Falls July 25-26th

How many people from your school do you expect to register for the culinary training? Please list each person's name and role below. Each individual needs to complete this form separately.

_____

Each culinary training participant will receive a professional chef's outfit including a chef coat, pants, a beanie hat, and an apron. Reference the sizing charts for each item below and indicate your requested size or color.

Chef Coat Reference the sizing chart below and select your correct size.

- o XS
- o S
- o M
- o L
- o XL
- o 2XL
- o 3XL
- o 4XL
- o 5XL
- o 6XL
- o 7XL

One line of engraving on the chef coat is available near the front chest pocket, right under the logo. Participants typically choose either their personal name or their school name. If you would like to add engraved text, please type the exact text you would like in the box below.

- o I would like custom engraving. Enter the exact wording here:
  _____
- o I do not want a line of custom engraving.

Chef Beanie. Select which color beanie you would like. Colors are listed from left to right in the image below. If you do not select a color, you will receive the dark grey beanie.

- o Black
- o Blue
- o Dark grey
- o Grey
- o Lime

- o Merlot
- o Pinstripe
- o Red
- o White

Chef Pants Would you like to order men's or women's chef pants?

- o Men's
- o Women's

Page Break

Men's Chef Pants
Reference the size chart below and select your correct size.

- o XS
- o S
- o M
- o L
- o XL
- o 2XL
- o 3XL
- o 4XL
- o 5XL
- o 6XL
- o 7XL

Women's Chef Pants Reference the size chart below and select your correct size.

- o XS
- o S
- o M
- o L
- o XL
- o 2XL
- o 3XL

Please provide us with an emergency contact if needed. Emergency Contact's Name and Phone Number_____

Please sign a photo release form allowing permission for your photo to be taken within group activities during the culinary workshop.

- o Yes, I agree to have my photo taken. Click here to sign the photo release form.
- o I prefer to not have my photo taken.

Please list any special accommodations you may need throughout the training days.

_____

Please list any food allergies.

_____

For the hands-on baking part of the class, would you prefer to learn how to prepare yeast bread dough bread or non-yeast dough bread?

- o I prefer to learn how to prepare yeast bread dough
- o I prefer to learn how to prepare non-yeast dough

Please list 3 topics/subjects which you really want to learn about at the culinary training.

_____

_____

_____

Thank you for registering for a culinary training! Please click submit to complete this survey.

Culinary Workshop Post Assessment

You are being asked to participate in a research study to assess the impacts and outcomes of the Montana School Meals Certificate program. This information will help us improve the program and design future trainings for school food service professionals. Participation is voluntary, you can choose to not answer any question that you do not want to answer, and you can stop at any time. This is a post-training survey and will take approximately 10-15 minutes. You will also be asked to complete a post-survey following your participation in the program. There are no foreseen risks. There will be no penalty if you decide to decline to participate. There is no cost to you. Your answers will be kept completely confidential and your name will not be associated with any research findings. If you have any questions, please contact Haley Scott at haley.scott1@montana.edu or call 406-994-5641. By completing this survey, you consent to participate in the study.

Please enter the last 4 digits of your personal phone number to be used as your "identifier" throughout the program. We will not be contacting you at this number, it will just be used to keep surveys confidential. Please use the same identifier for each evaluation you complete.

_____

Which of the following best describes your position?

- o School Food Service Director or Manager
- o School Food Service Frontline Staff

What is the name of your school?

_____

How many years have you worked in school food service?

- o Less than 1 year
- o 1 to 3 years
- o 4-6 years
- o 7-10 years
- o More than 10 years

Please share one action you will take as a result of participating in this event.

_____

_____

Do you have suggestions to make this training event more valuable for school nutrition professionals in the future?

_____

_____

Confidence in Culinary Skills

*For the purposes of this survey: Fresh, whole foods are foods that have no added ingredients or preservatives. Fresh, whole fruits and vegetables have not been cooked, frozen, or canned. Scratch-cooked products are defined as foods that are prepared from fresh, whole ingredients instead of being purchased premade or frozen.

Indicate the extent to which you feel confident about performing each of the following activities. Please rate on the following scale: not at all confident, not very confident, neutral, somewhat confident, extremely confident, not applicable.

1. Using knife skills in the school kitchen
2. Preparing fresh* vegetables
3. Preparing fresh* fruit
4. Preparing lentils, dried beans, or peas
5. Using herbs and spices (e.g., basil, thyme, cumin) in recipes
6. Making bread or whole grain products from scratch*
7. Accurately completing a daily food production record
8. Incorporating USDA foods into scratch-cooked meals

Demographics

This data is being collected voluntarily and choosing not to disclose will not impact your ability to participate.

Which of the following age ranges describes you?

- o 19-29
- o 30-39
- o 40-49
- o 50-59
- o 60-69

- o 70-79
- o 80 and over

What gender do you identify as?

- o Male
- o Female
- o Other
- o Decline to state

Which of the following racial categories best describes you? (Choose one or more races below)

- o American Indian or Alaska Native
- o Asian
- o African American
- o Caucasian
- o Decline to state

Do you identify as Hispanic or Latino? (Choose only one)

- o No, not Hispanic/Latino
- o Yes, Hispanic/Latino
- o Decline to state

For questions about the Montana School Meals Certificate Program, don't hesitate to contact Haley Scott at haley.scott1@montana.edu.

For more detailed information on the MSMC Culinary Workshops, contact Montana Team Nutrition.

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This institution is an equal opportunity provider.