



Moroccan Freekeh February 2018

We have a True Food Taste Test coming up! Three times each year, the Culinary & Nutrition Services department works with schools, partners and volunteers to conduct True Food Taste Tests at 40 MPS schools during lunch, reaching about 20,000 students across the city. The taste tests allow students and staff the chance to try samples of new, flavorful menu items and participate in a recipe naming contest. This recipe is inspired by Wedge and Linden Hills Co-op—our taste test sponsor and a member of our True Food Chef Council.

Please help spread the word about the upcoming taste test! Fill in your school's taste test date and/or edit as you see fit. Thanks for your support and help making taste tests successful!

Feel free to copy and use the True Food Taste Test logo (see above) in any of your outreach.

Sample Newsletter Blurb or Robo-Call to Families

Our first True Food Taste Test of the year is coming up on February ___! During lunch, all students will have the chance to try a small sample of our new *Moroccan Freekeh* made with local, Farm to School carrots and freekeh. The recipe is inspired by Wedge and Linden Hills Co-op—our taste test sponsor and a member of our True Food Chef Council. The goal is to get students excited about trying healthy, new foods. Those who try a sample will get a True Food Taste Test Sticker and a chance to enter a contest to rename the salad for the next time it's on the menu! For more information and the recipe, visit the MPS Culinary & Wellness Services website: <http://nutritionservices.mpls.k12.mn.us/tfft>.

Sample PA Announcement - Have students make announcements before the taste test!

Our first True Food Taste Test of the year is coming up! Don't miss a chance to try a sample of our Kid Kimchi in the cafeteria during lunch on February ____. This *Moroccan Freekeh* is made with local, Farm to School carrots and freekeh! If you try it, you'll get a sticker and the chance to brainstorm a new name for the salad. The best name will be used on the MPS lunch menus the next time the dish is served!

Fun facts about the taste test ingredients!

- *Freekeh* is a staple in North African cuisine that has a unique roasted flavor.
- Compared to other whole grains, Freekeh is packed full of protein and has more fiber than brown rice and quinoa!
- Discovered in 2300 BCE, Freekeh is an *ancient grain* that originated from Eastern Mediterranean civilizations.
- Carrots are one of the few vegetables that continue to grow underground during the Winter months, and are then picked in early Spring.

Find more taste tests resources and information at <http://nutritionservices.mpls.k12.mn.us/tfft>.



Thank you to our True Food
Taste Test sponsors!

