



## February 2017 - Southwest Pinto Dip

We have another 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 45 MPS schools during lunch, reaching about 18,000 students. The taste tests allow students the chance to try samples of new, flavorful menu items and participate in a recipe-naming contest.

**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!**

*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

During lunch on February \_\_\_\_, students will taste Southwest Pinto Dip! This True Food Taste Test recipe was developed by Executive Chef Mark to “spice up” things up a bit! This dip, made with pinto beans rather than the common garbanzo bean, has just the right amount of kick to make it the perfect dip for a veggie stick or tortilla chip (without being *too* spicy!). The goals of taste tests are to get students excited to try new, flavorful foods and encourage them to think critically about their food (beyond just whether they like or dislike it). Students will have a chance to participate in the New Name Contest to rename the dish when it's served on our menu. *Taste Tests are made possible by the Wedge Community Co-op.* For more information and the recipe, visit <http://nutritionservices.mpls.k12.mn.us/tftt>.



### Sample PA Announcement – Students can make announcements in the lunchroom or over the loudspeaker before the taste test!

Don't miss the next taste test of Southwest Pinto Dip coming up in the cafeteria during lunch on February \_\_\_\_! This dip is made with pinto beans and has just the right amount of kick without being *too* spicy. You won't believe how tasty it is served on a veggie stick or tortilla chip. If you try it, you'll get a sticker and a chance to participate in the New Name Contest. Remember to try some in the cafeteria on February \_\_\_\_!

### Fun Facts about Pinto beans:

- In Spanish, Pinto beans are called frijoles pintos, which means “painted beans.” All Pinto beans are speckled when dry.
- Pinto beans are the most commonly eaten beans in the U.S. and northwestern Mexico
- Pinto beans are high in fiber and protein
- North Dakota is the largest pinto bean producing state in the U.S.

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

True Food Taste Tests are sponsored by:

