



February 2018

We have a True Food Taste Test coming up! Three times each year, MPS Culinary & Wellness Services works with schools, partners, and volunteers to conduct True Food Taste Tests at more than 40 MPS schools during lunch. These taste tests allow students and staff the chance to try samples of new, flavorful menu items. This month, students and staff at your school will be taste testing **Sunrise Breakfast Grain**—a warm and hearty blend of ancient grains and warm spices.

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

The second True Food Taste Test of the school year is coming up on February ___! During lunch, all students will have the chance to try a small sample of our *Sunrise Breakfast Grain* -- a warm and hearty blend of ancient grains and sweet spices. This recipe is the perfect breakfast item to fuel your body and mind in the morning, or simply warm up on a cold winter day! The goal of the taste test is to get students excited about trying healthy, new foods. Those who try a sample will get a True Food Taste Test Sticker and the chance to suggest a topping for the breakfast grain it's added to the school breakfast menu! For more information and the recipe, visit the MPS Culinary & Wellness Services website: <http://cws.mpls.k12.mn.us/tfft>.

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

Our second True Food Taste Test of the year is coming up! Don't miss a chance to try a sample of *Sunrise Breakfast Grain* in the cafeteria during lunch on February ____. This breakfast grain is made with ancient grains like buckwheat and quinoa that have been saved and grown for hundreds of years! This recipe is the perfect breakfast item for fueling your body and mind, or simply warming up on a cold winter day! If you try it, you'll get a sticker and the chance to brainstorm a topping for the breakfast grain when it's added to the school breakfast menu!

Fun facts about the taste test ingredients!

- Ancient grains are whole grains that have been grown for hundreds of years and have remained largely unchanged over the course of time!
- Sunrise Breakfast Grain is a blend of ancient grains such as: *Khorasan Bulgar Wheat, Buckwheat, Red Rice, Quinoa, and Flax Seed!*
- Khorasan Bulgar Wheat is thought to have originated in Mesopotamia, a region in Western Asia now belonging to Kuwait, Iraq, Saudi Arabia, Syria, and Turkey. Legends exist of this grain being found in Egyptian tombs!

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



*Thank you to our True Food
Taste Test sponsors!*

