About Louisiana Harvest of the Month (LA HOM)
The Louisiana Harvest of the Month (LA HOM) program showcases Louisiana grown foods in Louisiana schools, institutions, and communities. Each month, participating sites focus on promoting one locally grown item (e.g., winter squash) by serving it in a meal or snack, offering taste tests, and doing educational lessons and activities. LA HOM is the perfect way to launch or grow a farm to school program as it provides an easy framework to follow and ready-to-use materials. Participating sites will receive a free packet of materials as well as guides, additional resources, and training.

How You Can Participate

- **Find out who is already involved in LA HOM.** You can contact the Louisiana Farm to School team, ask at your current sites, or keep an eye out for LA HOM promotional materials.

- **Incorporate the current LA HOM into your nutrition lesson.** Coordinate with school staff so LA HOM activities occur before the item is served in a meal or snack. If the LA HOM item is served before the lesson, remind the students of when they tried it. The most effective lessons are ones that include a taste test or a cooking project, but start small and make it manageable for the whole school year.

- **Use social media!** Reinforce LA HOM through your social media pages. Offer recipes, nutrition, and food safety messages that are related to the Harvest of the Month. Social media images and approved nutrition messages for social media and newsletters are available through LA HOM Google Drive. Contact the program director for access (see below).

- **Involve parents and community members.** LA HOM is the perfect way for parents or community members (such as master gardeners, parish health department staff, college students, non-profit organizations, etc.) to be involved. Send recipes and newsletters home with students to share with parents.

- **Join forces with educators and students.** Invite teachers and student club advisors to team up for joint learning and mentorship. Schools have worked with culinary, family and consumer science, and marketing classes and clubs to do cooking projects, lead activities, promote LA HOM items, and conduct taste tests while giving older students leadership opportunities.

- **Explore the food system with your students** by visiting a nearby farm or food business, or invite a guest into the classroom to help students learn more about local foods and how they make it onto our plates.

- **Display the posters in a visible location** in the cafeteria or on a school bulletin board. Additional posters are available upon request.

- **Conduct taste tests to help students become adventurous eaters.** Sites are encouraged to conduct at least one taste test in a cafeteria or classroom each month and allow students to vote on whether they Tried It, Liked It, or Loved It. Use our Taste Test Guide to set up a taste test system that works for you.

**For More Information**
Crystal R. Besse
Louisiana Farm to School Program Director
louisianafarmtoschool@agcenter.lsu.edu

This Institution is an equal opportunity provider.
Overview of Harvest of the Month Materials

The Louisiana Harvest of the Month (LA HOM) program offers a variety of printed and digital materials to support LA HOM at your school or afterschool program. To access these materials, register as a LA HOM school at https://lsu.qualtrics.com/jfe/form/SV_8Gnly92eThMvUq1 or visit our website at www.SeedstoSuccess.com.

Printed Materials

K-12 schools and afterschool programs that are registered for LA HOM will receive a packet that includes each of the following in print. Additional posters can be ordered by emailing louisianafarmtoschool@agcenter.lsu.edu.

Fifteen 11x17 Posters (digital versions here)

[Images of the 15 11x17 posters]

One Seasonality Chart (digital version here)

[Image of the seasonality chart]

One Roll of “I Tried It” Stickers

[Image of the “I Tried It” stickers]
Digital Materials
LA HOM sites will receive access to electronic versions of all printed materials in addition to electronic versions of the resources listed below.

Guides, Activities & Resources
- HOM 101 Guides for educators, food service professionals, producers, and county agents
- Taste Test Guide
- Coloring Pages
- Recipes
- Cooking Tutorial Videos
- Seasonality Chart for Louisiana-Grown Produce
- I Tried It! Sticker Template
- LA HOM Calendar
- Participation Letter
- Farmer Checklist & Conversation Guide
- LA HOM Lesson Compendium
- School Guide for Local Food Purchasing

Promotional Materials
- 18 Newsletters
- 18 Posters
- 18 Menu Templates
- 18 Social Media Images
- 18 LA HOM Logos

Lessons
Our lessons for grades 3-5 can be adjusted to accommodate other age groups and are connected to the Louisiana Department of Education Science Standards.

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Although we recommend following this calendar, your school or program can change the calendar to suit your needs and match the availability of items each year. None of our materials are printed with a designated month. The calendar will likely change each school year to allow for new harvest foods.

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<tr>
<th>Month</th>
<th>August</th>
<th>January</th>
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<td>Summer Squash</td>
<td>Broccoli</td>
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<td>Watermelon</td>
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<td>Shrimp</td>
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<td>Peppers</td>
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<td>September</td>
<td>Eggplant</td>
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