

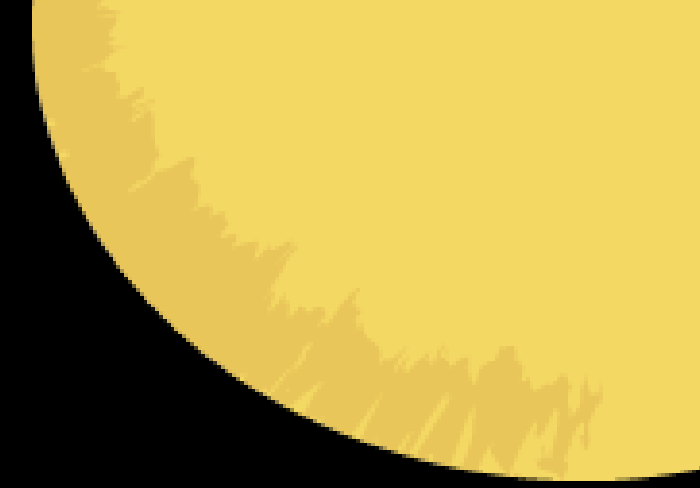
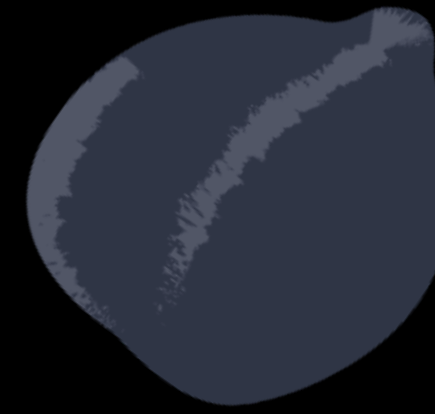


Beans is How

A School Kitchen Toolkit



What's inside



Background



Suggested actions



Kitchen assets



Keep the momentum going!

Background



About Beans Is How



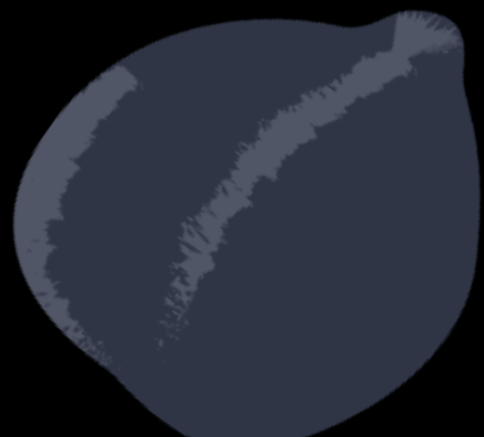
Beans is How is a global campaign to double bean consumption by 2028.



Beans are a simple, affordable solution to our global financial, health and environmental challenges.



We work with organisations all over the world to our goal a reality.



Join us to put #beansonthemenu

We work with restaurants, caterers, cafés, schools, and other food providers, to get more bean dishes on menus, making beans a desirable food choice.

Chefs can play an important role in showcasing the versatility and tastiness of beans while influencing dietary trends and behaviors towards affordable, healthy, plant-forward diets.



For all social promotion:

Instagram & Twitter: @BeansisHow
#beansonthemenu #beansishow

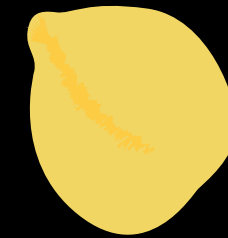




Did you know that beans can...



Be used in many dishes!
Beans are used in meals, desserts, snacks, sauces, spreads and even drinks!



Be found in hundreds of varieties!
There are hundreds of types of beans - How many can you name? Be sure to try local varieties.



Improve people's nutrition
Beans contain key proteins, carbohydrates, vitamins and minerals for nutrition.



Support affordable and healthy diets
Beans can come in lots of ways - dried, canned or jarred. Which ones have you tried?



Reduce impact on climate change
Beans are good for our planet too! They improve our soils and water quality. Growing beans uses less water than some other crops.

Part 1: Suggested Actions

Suggested actions

STEP 2: Incorporate beans into the menu

Slide 10

Slide 11

STEP 3: Make a beans pledge


Slide 10

STEP 1: Cooking demo





Cooking demo



A cooking demo is a great way to showcase how beans can be incorporated into a cooking demo for your teain school foods.



Choose 2 or 3 types of meals to demo - from main meals, snacks, spreads or even desserts! (sample menus later in the toolkit)



Provide samples for school chefs and kitchen staff to taste - get excited about beans!



Incorporate beans into school menus



Use this toolkit to raise the pulse - incorporate beans into one existing school meal.



Or, add one more bean meal to an existing menu. Showcase this as a special menu option.

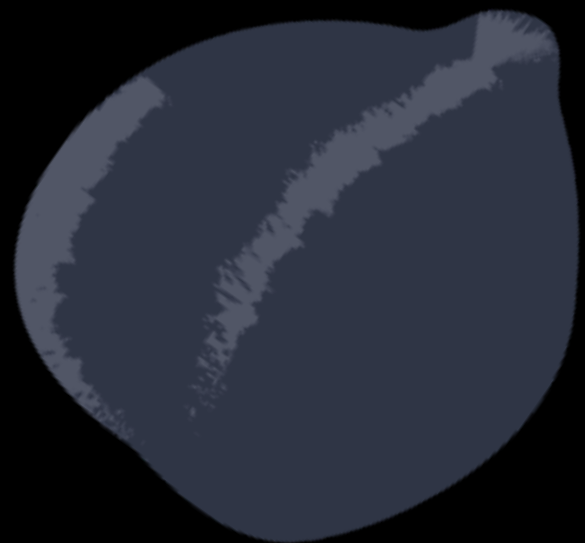


Use a variety of beans to get your kitchen staff excited about the endless possibilities that comes from cooking with beans!



Make a beans pledge

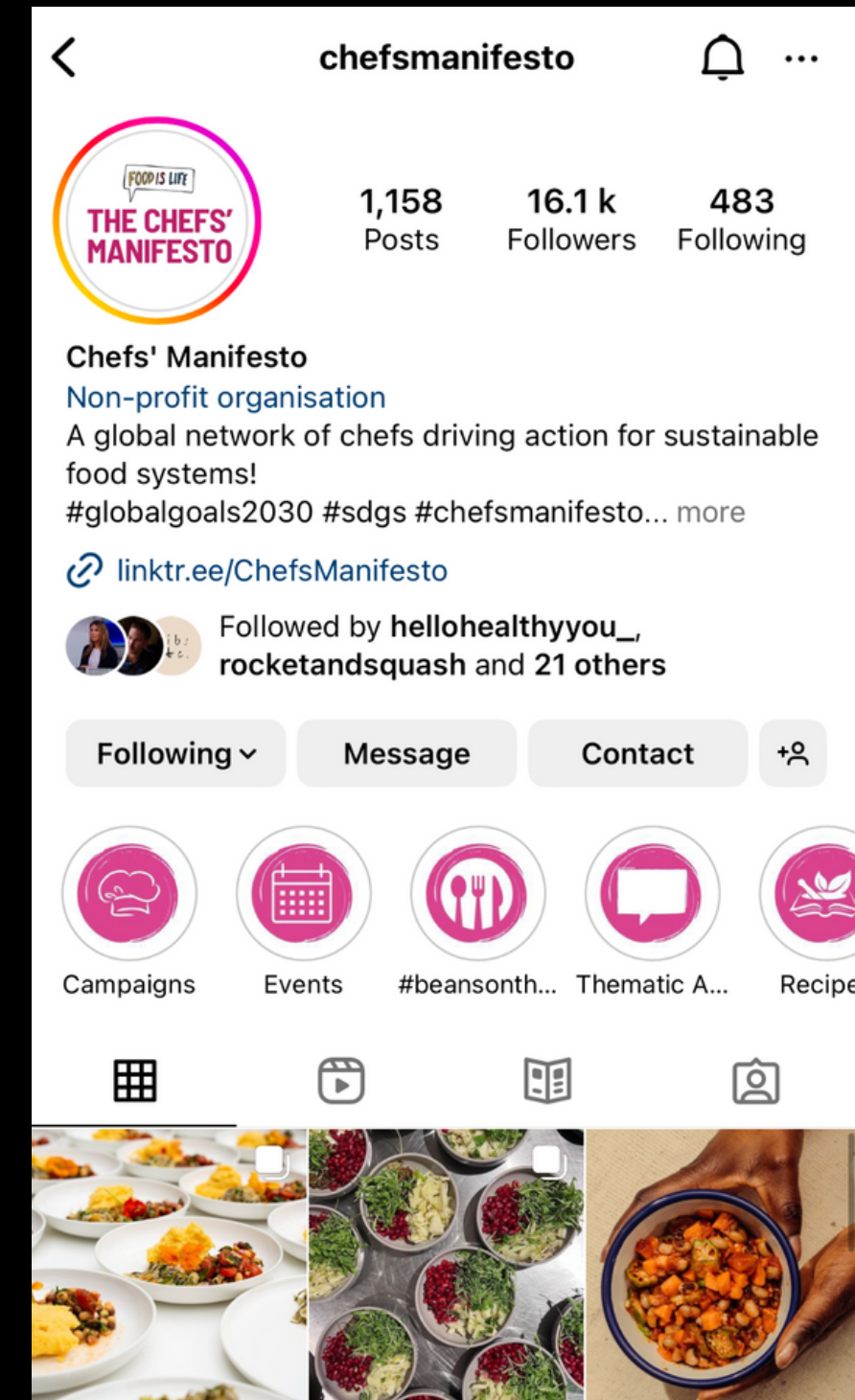
- Make a pledge to include at least one beans-boosted meal a week for a month!
- Ask your chefs to pledge to put beans on the menu.
- Share your pledge with school staff and children to raise awareness of beans and get them excited about trying their new bean meals.



Take inspiration from our menu bank

The Beans is How recipe bank is available [here](#).

You can also check out The Chef's Manifesto on Instagram (@chefsmanifesto) for menu inspiration.



Part 2: Amplifying #beansonthemenu

Have your recipe featured:

Fill out this ([form](#)) to be featured on our website, socials, as we showcase your content.

Take 3-4 high-quality photos of your dishes (portrait and vertical).

Share a short bio and headshot with description of your school.

Share a short statement about the dish and why you're excited about beans. (300 words).

Share a step-by-step video preparing the dish (optional).

EXAMPLES: <https://beansishow.org/get-involved/>

Preparation time: 10 min **Cooking time:** 30 min **Serves:** 750ml

Chef Mokgadit Itsweng

Ingredients:

- 250g butternut squash, peeled and cubed.
- 1 tablespoon olive oil
- 1 garlic clove finely grated.
- 100g dried chickpeas (which must be soaked) or 400g chickpeas, drained with the water reserved for use as aquafaba.
- 1 tablespoon peanut butter
- Juice of ½ lemon
- 1 teaspoon ground cumin
- ¼ cup olive oil
- salt and pepper to season
- For topping
- 50g feta
- handful sunflower seeds, roasted.
- fresh herbs

Method:

- Preheat oven to 200C and brush the roasting tray with oil.
- Place the butternut squash on the roasting tray and roast for 20-25minutes, until the butternut squash is cooked. Allow to cool.
- In a blender or food processor, blend butternut, oil, garlic, chickpeas, peanut butter, lemon juice and cumin together
- Season with salt and pepper and add a little water if the mixture is not blended smoothly.
- Scoop the hummus into a serving bowl and top with crumbled feta cheese, chopped herbs and toasted seeds.
- Serve with crackers or vegetables as part of a grazing board.

*My granny grew butternut squash in her allotment garden. She would use the whole plant, from seed; which she dried and roasted for snacking; to the skin which she roasted into crispy chips, and the flesh which she used to make all sorts of dishes and for baking.

For this recipe, I use canned chickpeas, but dried chickpeas also work well for this recipe. If using dried chickpeas, you need to soak them in water overnight or for at least 4 hours before using. This helps with cutting down on the cooking time, which is a great energy and time saver. If using canned chickpeas like me, drain them and keep the water to use as aquafaba; a protein rich water that can be used in vegan baking and cooking. The chickpeas are the real hero of this dish as they add protein and depth of flavour to the hummus. The feta cheese in this recipe adds saltiness and the seeds add crunchiness to the hummus.

Double global beans consumption by 2028

Beans is How

Promote your efforts to put **#beansonthemenu**

Invite teachers and children to:

- Try your bean dish
- Learn about the benefits of beans
- Help spread the word

Share your bean dishes to be featured in a case study on our blog or social channels.

Share Bean-y blogs, quote or personal statement about why you put **#beansonthemenu**.

Share high quality photos (both portrait and vertical) of:

- Delicious plated dishes featured from your school kitchen
- Chefs preparing the dish





Encourage others to put #beansonthemenu

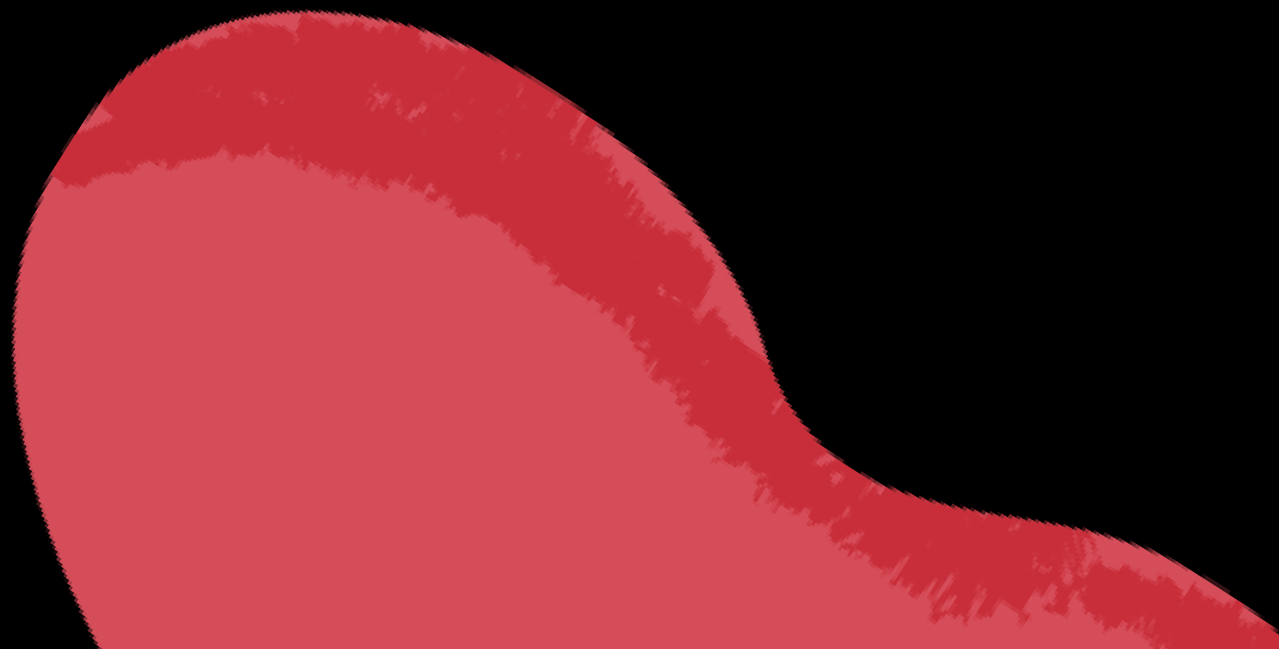


Challenge other school caterers to put #beansonthemenu:

- Create a social media post tagging other chefs or establishments
- Share this toolkit with other local school kitchens



Host a “Battle of the Beans” with other school chefs to explore the versatility and tastiness of beans.



**Keeping the
momentum going**





Keep the momentum up!

1

Share this toolkit with other kitchen & catering teams in your network!



2

Use the assets in this toolkit for ongoing engagement



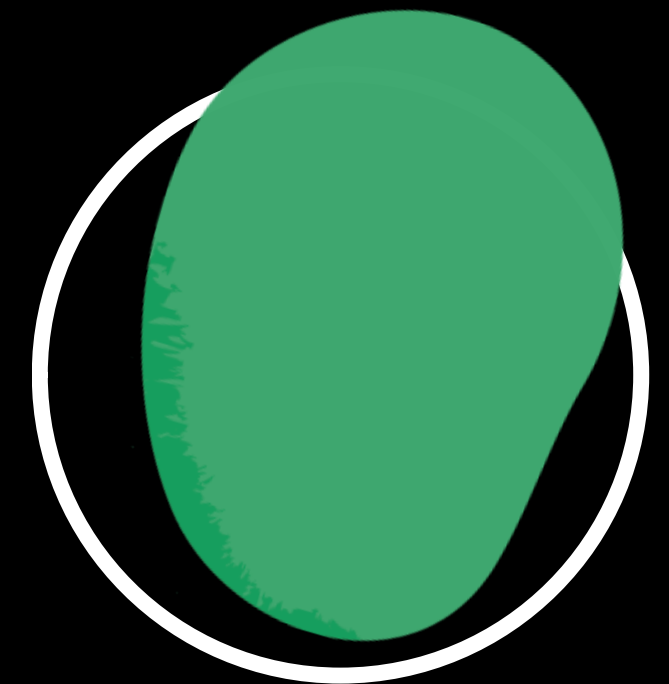
3

Spread bean-spiration via your social media channels



4

Bring Beans to Your Next event!



THANK YOU!

