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
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.

Did you know that beans can...

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?

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

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

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Part 1: Suggested Actions
Suggested actions

STEP 1: Cooking demo

STEP 2: Incorporate beans into the menu

STEP 3: Make a beans pledge
Cooking demo

A cooking demo is a great way to showcase how beans can be incorporated into a cooking demo for your train 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/](https://beansishow.org/get-involved/)
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!