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How to Build an Even-Better-for-You “Oatmeal”

For National School Breakfast Week, March 4-8, consider a whole-grain porridge—as Minneapolis Public Schools did—that customers love.

BEMIDJI, MINN., February 28, 2019—Many customers in Kindergarten through 12th grade attending Minneapolis Public Schools enjoy Mark Augustine’s oatmeal at breakfast—even those who never encountered a bowl of oatmeal in their young lives until they tasted his.

So to Augustine, culinary manager and executive chef for MPS’ Culinary and Wellness Services, recently whipping up 20,000 two-bite portions of an oatmeal-like breakfast sampling made with InHarvest’s Sunrise Blend with Quinoa Flakes[®] for a taste test embracing all schools in the 35,000-student district was a no-brainer. After easily cooking the 100-percent whole-grain meld of bulgur wheat, buckwheat groats, red rice, quinoa flakes and flax seed in hot water à la oatmeal, Augustine seasoned it with brown sugar, cardamom, ginger, cinnamon and nutmeg.

The verdict? The Sunrise Blend sampling was so well received by students in elementary, middle and high schools districtwide that Augustine will add it to the universal breakfast menu next school year. He says he’ll likely add a dairy element to “cream it up” (the way Augustine’s enjoyed oatmeal since he was a kid) and offer mix-ins and toppings such as fresh and dried fruits and a variety of spices and seasonings.

Schools nationwide can experiment with a breakfast sampling of Sunrise Blend with Quinoa Flakes during National School Breakfast Week, March 4-8, says Coleen Donnelly, InHarvest’s corporate chef for K-12 and higher education. This signature product is high in natural plant protein and features two heirloom, intact grains: KAMUT[®] Brand Khorasan wheat and Colusari[™] Red Rice. Additionally, it cooks up perfectly in the oven as easily as on the stove.

“Whether in the form of a traditional cafeteria meal, items served from a grab-and-go kiosk, or consumed in the classroom or on the bus, breakfast will always be the most important meal of the day,” she says. “Districts such as Minneapolis Public Schools take seriously their mission to provide options with the highest-quality nutrition in customer-friendly applications. Capitalizing on our Sunrise Blend with Quinoa Flakes is a meaningful approach to achieving this goal.”

NSBW is an annual celebration of the federal School Breakfast Program, which launched as a pilot in 1966 by the USDA’s Food and Nutrition Service. Congress made the program permanent in 1975. According to the School Nutrition Association (SNA), students who eat school breakfast are more likely to reach higher levels of achievement in math; score higher on standardized tests; enjoy better concentration, memory and alertness; have improved attendance, behavior and academic performance; and maintain a healthy weight. The government program currently serves 14 million students daily.

This year's campaign theme, "Start Your Engines," reminds the entire school community that school breakfast provides students a healthy and energizing start to the day. Schools nationwide will celebrate the week with decorations, special menus, customer-centered events and more. For more information on National School Breakfast Week, visit www.SchoolNutrition.org and follow #NSBW19 on social media.

About InHarvest

Headquartered in northern Minnesota with operations in California, InHarvest—**celebrating its Ruby Anniversary in 2018-19**—is a foremost producer and procurer of some of the world's most distinctive varieties of grains, legumes and blends for the foodservice, industrial and retail sectors. The company's dedication to discovering and promoting lesser-known, heirloom grains and pulses is deeply rooted in its 40-year heritage of providing inspiration and solutions to an evolving global food industry. www.InHarvest.com or find InHarvest on [Facebook](#), [Instagram](#), [LinkedIn](#) and [Twitter](#).

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