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All About Beans

A SUMMARY OF LEGUMES IN THE
2020-2021 YEAR OF 10 CENTS A MEAL
FOR MICHIGAN'S KIDS AND FARMS
PROGRAM



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Acknowledgements

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COVER PHOTO

Photo of bean plants by Lindsey Scaleria

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For more information about 10 Cents a Meal, visit tencentsmichigan.org. For more information about farm to school in Michigan, visit mifarmtoschool.msu.edu or contact Megan McManus, CRFS Farm to Institution Fellow, at mcmanu60@msu.edu, or Colleen Matts, CRFS Farm to Institution Director, at matts@msu.edu.

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All About Beans: A Summary of Legumes in the 2020-2021 Year of 10 Cents a Meal for Michigan's Kids and Farms Program

10 Cents a Meal for Michigan's Kids and Farms (10 Cents) is a state-funded program that matches what schools and childcare sites spend on Michigan-grown fruits, vegetables, and legumes with grants of up to 10 cents per meal. The goals of the program are to improve daily nutrition and eating habits for Michigan's children and invest in Michigan's agriculture and local food business economy. More information about 10 Cents and the pilot program is available at www.tencentsmichigan.org and through previous evaluation reports.¹ In the 2020-2021 school year, eligibility for the program expanded statewide to include childcare centers as grantees – such as early care and education (ECE) sites, residential childcare institutions (RCCIs), and other participants in USDA Child Nutrition Programs - in addition to public and nonpublic schools.

This report uses 10 Cents data from SY2020-21 to describe the purchase and use of legumes - including dry beans - by the 143 grantees. Only Michigan-grown fresh and minimally processed legumes are eligible for the 10 Cents program, meaning canned or processed beans such as baked beans or chili beans are ineligible. Data sources for this report include a series of evaluation surveys to food program managers (FPMs) over the school year (administered February, April, June, and August 2021) and purchasing invoices that include the product name, unit, dollar amount, vendor, and the product's farm of origin (name and county). This summary highlights the opportunity for increased purchasing and use of Michigan-grown legumes by 10 Cents grantees throughout the school year.



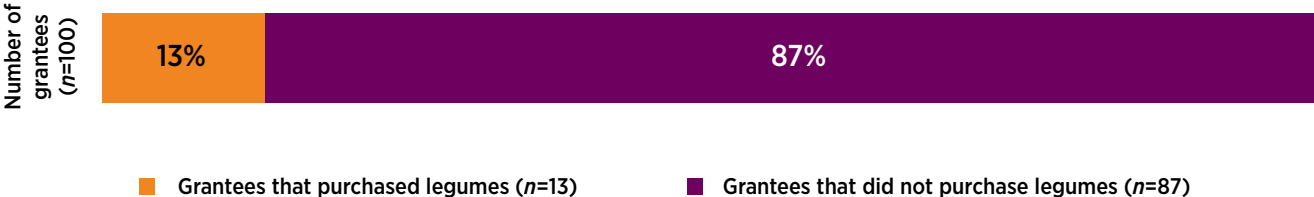
¹ Previous evaluation reports on 10 Cents include [What a Dime Can Do: An Evaluation of the 10 Cents a Meal Pilot](#), [10 Cents a Meal Pilot: 2018-2019 Evaluation Results, Reflections, and Recommendations](#), and [10 Cents a Meal Pilot: 2017-2018 Evaluation](#).

Grant Spending on Legumes

In SY2020-21, 13 grantees reported purchasing legumes, just 13% of the 100 grantees that provided purchasing data (Figure 1).

Figure 1

10 Cents Grantees that Purchased Legumes, SY2020-21



Purchasing data shows that collectively, 85% of 10 Cents grantees were public schools, 6% ECEs, 5% RCCIs, and 4% nonpublic schools. Almost all legume purchases were made by public school grantees (97%), with less than 1% of purchases each from ECE and RCCI grantees. There were two grantees that purchased the majority of legumes. A public school district made up 69% of all legume spending and a public school made up 12% of all legume spending. Both grantees had three years of experience participating in the 10 Cents program.

10 Cents grantees spent approximately \$12,000 on legumes, about 1% of the total spending on Michigan-grown products (Figure 2). While it is unclear from the data when grantees served legumes in their school food service programs, invoice data show that legumes were purchased every month of the program year (September 2020 - August 2021).

Figure 2

Spending on Michigan-Grown Products by 10 Cents Grantees, SY2020-21



Grantees purchased legumes through five different market channels:

- two food hubs (93% of total legume/dry bean purchases in dollars, $n=9$ grantees),
- one broadline distributor (6%, $n=4$ grantees),
- farm direct from one farm (2%, $n=2$ grantees),
- one farmer cooperative (<1%, $n=1$ grantee), and
- one farmers markets (<1%, $n=1$ grantee).

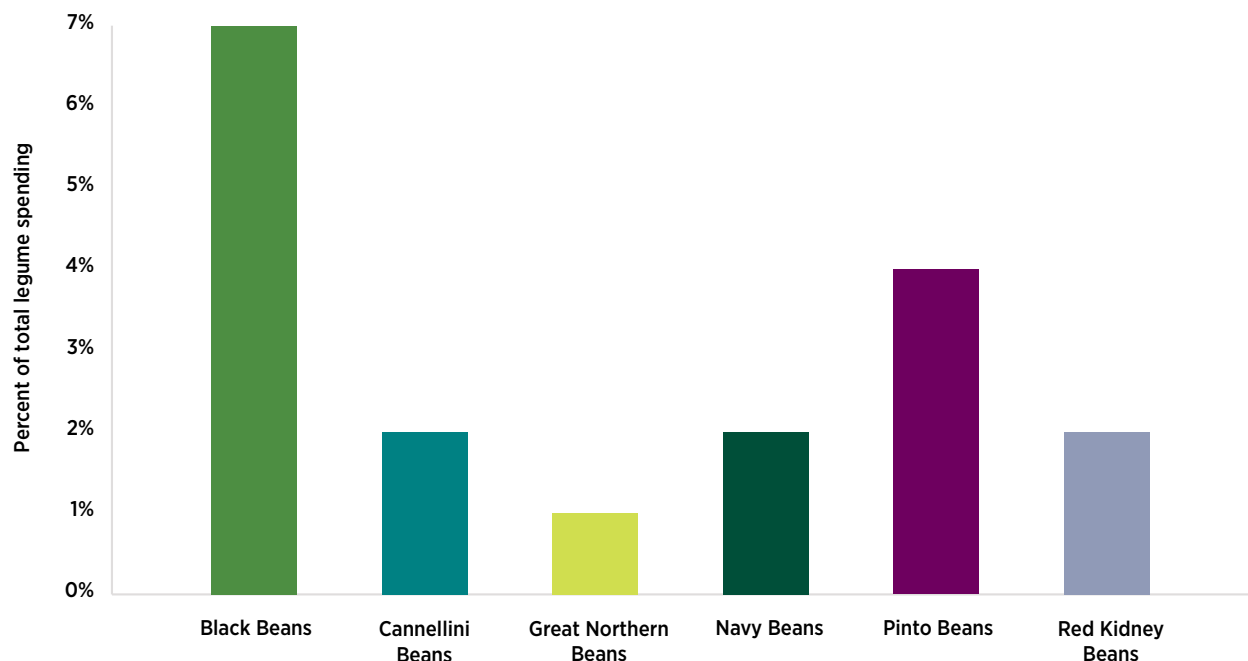
Grantees sourced their legumes from two food hubs, but most purchases were from one food hub (93%). Regarding farm direct purchases, two grantees purchased legumes from the same farm.

Purchasing data show that legumes originated from six different farms in four reported counties: Leelanau, Montcalm, Saginaw, and Van Buren. One farm made up 73% of all legumes purchases that were sold through a food hub.

Most grantees reported purchasing unspecified legume varieties (82% of all legume/dry bean purchases in dollars). However, six different legume/dry bean varieties were reported by seven grantees: black beans, cannellini beans, great northern beans, navy beans, pinto beans, and red kidney beans. Two grantees purchased four different varieties and the remaining grantees only purchased one variety. Additionally, one grantee purchased garbanzo beans; however, since these are not grown in Michigan, they were deemed ineligible for the 10 Cents program match funding. Figure 3 below shows the total spending on eligible legume varieties as a percentage of all legume/dry bean purchases in dollars.

Figure 3

Specified Legume Varieties by Total Legume Spending, SY2020-21



Legumes Served in Food Service Programs

In all four evaluation surveys, grantees were asked to list any new Michigan-grown fruits, vegetables, or legumes that were served for the first time in their program since the last survey. Duplicate entries by a single grantee were removed from analysis. Of the 98 grantees who responded, 14 grantees provided 16 reports (4% of all reports) specifically about legumes. Nine grantees did not specify the variety of legumes in their reports (23% of total reports). The specified varieties of legumes reported as tried for the first time included:

- black beans (32%, 7 different grantees),
- cannellini beans (14%, 3 grantees),
- navy beans (9%, 2 grantees),
- pinto beans (18%, 4 grantees), and
- white beans (5%, 1 grantee).

In three of the four evaluation surveys (February, April, and August), 10 Cents grantees were asked to list all Michigan-grown fruits, vegetables, or legumes that they wanted to use but were unable to find or buy for their food service program. Of the 69 grantees who responded, 11 different grantees provided reports (4% of all reports) specifically about legumes. Again, most reports by grantees did not specify the variety of legumes (76% of total reports by 8 different grantees). Two grantees each specified wanting to try garbanzo beans, however, these are not Michigan-grown legumes and therefore are ineligible. Other specified varieties of legumes that grantees reported as wanting to try but were unable to find or buy were:

- black beans (12%, 2 grantees),
- navy beans (6%, 1 grantee), and
- red beans (6%, 1 grantee).

In all four evaluation surveys, grantees were asked if they conducted educational and promotional activities in support of 10 Cents. Grantees could choose from a list of activities that included taste testing. Student taste testing was third most frequently reported activity by the 140 grantees that reported activities (10% of all reports). Three grantees specifically mentioned taste testing legumes. Bean salad and legume hummus were reported as offerings at these taste testing activities.

Grantee Feedback About Legumes

Lastly, grantees were asked in three evaluation surveys (April, June, and August) to “Please describe any additional feedback about participating in 10 Cents that you would like to share” as well as “What else do you need to support your efforts to purchase and serve Michigan foods (of any kind) in the future?” Statements were provided by seven grantees that specifically mentioned legumes in their responses, which are listed below. Grantees’ statements were related to the use of legumes during the COVID-19 pandemic, the demand for greater access to legumes and legume-related educational support.



The COVID restrictions on serving is restraining from allowing students to choose and have more options. We have had legumes as an extra vegetable that they could choose from, however with everything being behind the serving line it puts restraints on how many items can be offered.

- 10 CENTS GRANTEE



During the summer months (after COVID shut everything down) local produce was a HUGE help in handing out over 220,000 meals during that time. Large bags of carrots, apples, lettuce, cabbage, potatoes, squash, a lot to name. We still use local dry beans in our pickup bags every week.

- 10 CENTS GRANTEE



As we are able or allowed, we’d love to have our salad bar back up and running! COVID has stopped us from doing that. Our salad bar had so many options that featured mostly local produce-legumes. We sure miss it.

- 10 CENTS GRANTEE



Would love legumes and proteins. More products available whether fresh or frozen.

- 10 CENTS GRANTEE



Contact with local farmers to get more variety i.e., legumes.

- 10 CENTS GRANTEE



I love seeing the recipes. During winter and spring when there is not a lot of Michigan produce maybe some legume recipes and ideas.

- 10 CENTS GRANTEE



I would like more information on legumes!

- 10 CENTS GRANTEE

Conclusion

Program data collected from 10 Cents grantees indicate that a small proportion of 10 Cents grantees are purchasing and serving a variety of legumes, including dry beans, in their food service programs. While these Michigan-grown products are being purchased by grantees through several different market channels, purchases of legumes made up only 1% of the total 10 Cents spending by these FPMs in SY2020-21, indicating significant ability to grow in future years. Additionally, evaluation survey responses suggest that some grantees have a desire to purchase more legumes for their school meals and learn more about how to incorporate legumes into their food service programs. This demonstrates the need for further development of legume education and simple recipes for different food service program settings so that the full potential of legume use in the 10 Cents program can be captured.



LEARN MORE AT [TENCENTSMICHIGAN.ORG](https://tencentsmichigan.org)

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CRFS envisions a thriving economy, equity, and sustainability for Michigan, the country, and the planet through food systems rooted in local regions and centered on Good Food: food that is healthy, green, fair, and affordable.

MISSION

The mission of CRFS is to engage the people of Michigan, the United States, and the world in applied research, education, and outreach to develop regionally integrated, sustainable food systems.

ABOUT

CRFS joins in Michigan State University's legacy of applied research, education, and outreach by catalyzing collaboration and fostering innovation among the diverse range of people, processes, and places involved in regional food systems. Working in local, state, national, and global spheres, CRFS' projects span from farm to fork, including production, processing, distribution, policy, and access.

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