

OATS TALKING POINTS

Here at (SCHOOL NAME) we support local farmers. This month we are focusing on oats. Here is some information on oats.

What Are Oats?

Oats are a whole grain food rich in fiber, energy, and nutrients. Oats is naturally gluten-free. The whole oat kernel is called a groat. **Read trivia for the week.**

Types of Oats

Rolled Oats (Old-fashioned oats): Steamed and flattened; cook in 5–10 minutes with a firm texture. Steel-Cut Oats (Irish oats): Cut into pieces; chewy texture and nutty flavor. Quick Oats: Thinner and smaller; cook in 1–2 minutes with a soft texture. **Read trivia for the week.**

Health Benefits of Oats

Oats help lower cholesterol and blood sugar. It supports heart health, digestion, and weight management. Oats is rich in vitamins, minerals, and gut-friendly fiber.

Fun Oat Facts

January is Oat Month—people buy oats more in January than any other time! Quaker Oats was the first breakfast cereal trademarked. Most popular oatmeal toppings: milk, sugar, and fruit. Oats were once thought to be weeds! Ancient Greeks and Romans ate oats as porridge. 95% of U.S. oats are used as animal feed. Oats are actually the seeds of a plant in the grass family. **Read trivia for the week.**

Oats in South Dakota

South Dakota is a major oat-producing state. South Dakota produces around 10.7 million bushels of oats yearly. Oats is grown all over the state for food, feed, and soil health. Oats help improve soil quality and can be used as green manure. Oats is a favorite feed for farm animals and used for oatmeal and flour.



HELPFUL TIPS

- Harvest of the Month is not designed to be used in any particular order. Please use it as you see fit.
- Choose a different item to focus on each month.
- Hang the poster in the cafeteria where it can be seen by all students.
- Hand out the Fact Sheets and the Recipes for an option to cook at home.
- Have fun with the color sheets. Create a color contest or an opportunity for students to decorate the lunchroom. Choose a different class every month to be featured as the “Harvest of the Month Artists”.
- Trivia questions can be used in any order. Feature one question a week. Read the trivia question with the facts for the week and have students share the answer with you throughout the week. At the end of the week give them the answer to the trivia.
- Trivia question answers can be found on the fact sheets.
- Have fun with the feature. Create some new foods and use as a snack throughout the month.

