



Local Food For Schools

BEEF

Promotional Resources

Fun facts

- Beef is an excellent source of Protein, Vitamin B12, and Zinc. It is also a good source of Niacin, Vitamin B6 and Iron.
- Cattle are ruminants, meaning their stomachs have four chambers, which allow them to digest grasses.
- The first beef cattle arrived in the United States via Mexico in the 1500s.
- There are 10,000 beef producers raising 1.1 million cattle in Washington State.

Educational Resources

Food nutrition and education activities can further reinforce Farm to School efforts made in the cafeteria. The following resources were compiled to help your school increase students' knowledge of healthy eating and where food comes from.

- [Beef. It's What's for Dinner - Beef Nutrition Education hub](#), [Coloring Book](#), and [Activity Book](#)
- [Washington State Beef Commission](#)
- [Washington Agriculture in the Classroom – Beef Resources](#)
- [On the Farm Stem – Learn about Beef](#)
- [Montana Harvest of the Month - Beef](#)
- [Maryland Harvest of the Month- Beef](#)



Know your distributor

Farmstand Local Foods - Seattle, WA

Farmstand Local Foods' mission is to help establish an economically and environmentally sustainable food system by facilitating and maintaining connections between producers and consumers to demonstrate the value and importance of viable local farms.



Know your rancher

Olsen Farms - Colville, WA

Olsen Farms is a small family farm located in a mountain valley in Northeast Washington, just north of Colville. Olsen Farms produces high quality meats from sustainably raised farm animals. Olsen's ground pork comes from their barley-fed pigs. Their pigs are raised and tended to just south of their homestead and fed barley grown from their neighbors right next door in Addy.



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