



## 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

### Skiyou Ranch - Sedro-Wooley, WA

Skiyou Ranch raises 100% grass fed Certified Organic Black Angus beef on the banks of the Skagit River. Farmer Tarie Benson grows all supplemental feed on-site. Their stew meat is rich, flavorful strips of chuck and ground and is extremely high in nutritional content.

