



Local Food For Schools

SALMON

Promotional Resources

Fun facts

- Salmon is rich in vitamins B6, B12, D, phosphorus and omega-3 fatty acids.
- Salmon are born in freshwater, migrate to the sea as adults, and then return to freshwater to reproduce.
- Salmon play an important role in the culture, diet, economy and religion of several Northwest Tribes.
- Some salmon can jump almost 6 ½ feet and they can swim upstream!
- When spawning Pink salmon change from blue and silver coloring to a pale grey.

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.

- [US Fish and Wildlife Service - Pacific Salmon Coloring Book](#)
- [NOAA Fisheries - An Incredible Journey: Educational Resources to Promote Salmon Stewardship](#)
- [Watershed Watch Salmon Society - Resources for Teachers and Parents](#)
- [One with the Watershed - Through Salmon Eyes Video](#)
- [Oregon Salmon for Schools](#)
- [Food Hero - Salmon Basics \(Spanish\)](#)



Know your distributor **Puget Sound Food Hub** **Mt. Vernon, WA**

The Puget Sound Food Hub is a farmer-owned cooperative that markets, aggregates and distributes locally produced food from their partner farms to wholesale buyers.

Know your fisher **Lummi Island Wild - Bellingham, WA**

Lummi Island Wild's flagship reef net fishery is the first solar powered fishery. It is recognized as one of the most sustainable fisheries on the planet due to its low carbon footprint. After a successful catch, reef net salmon are gently rolled into a live well, giving them an extremely high success rate for releasing non-targeted species unharmed back into the wild. Lummi Island Wild uses recyclable packaging materials and carbon neutral shipping programs to help measure and manage carbon emissions.



Washington Office of Superintendent of
PUBLIC INSTRUCTION



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SNAP-Ed