



## 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

### Four Roots - Spokane, WA

Four Roots, a woman and woman-veteran owned small business, is deeply rooted in the values of sustainability, local farming, and giving back. They connect local family farmers with consumers year-round, ensuring that what is grown here stays here, benefiting both farmers and our community.



## Know your rancher

### Front Porch Farm - Addy, WA

Front Porch Farm is family owned and operated. Their mission for the last 20 years has been to provide their community with the freshest and best local and regional farm products. As a three-generation farm, sustainability is very important to Front Porch Farms. Front Porch Farms beef is fed feed produced on the farm and is grass finished.



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**



**Regional Markets Program**

Washington  
State Department of  
Agriculture



**SNAP-Ed**