



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

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 meat processor

Jack Mountain Meats - Burlington, WA

Jack Mountain Meats is an artisan food company dedicated to locally sourced, handcrafted, quality food. They help strengthen their regional economy by working locally and fostering relationships with farm partners and customers.

Know your rancher

Pure Country Farms - Moses Lake, WA

Pure Country Farm beef is raised by the Klingeman family who have been farming for five generations. The Klingemans raise their animals from birth to finish. All the animals they raise are pastured, free roaming and fed a GMO-Free feed the family grows on farm. Cattle are never given antibiotics, added hormones, or animal by-products.



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