



## 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.

### Know your Rancher

#### Ramstead Ranch - Ione, WA

Ramstead Ranch believes everyone deserves food that nourishes their body and heals the planet. Their family owned and operated ranch sells the highest quality grassfed, grass finished and pastured meats. Their meats are delicious and nutritious because animals live as nature intended.



## 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](#)
  - [Coloring Book](#)
  - [Activity Book](#)
  - [Beef Nutrition Education hub](#)
- [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](#)



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