



Local Food For Schools

PORK

Promotional Resources

Fun facts

- Pork provides protein, B-vitamins and thiamin to our diets. Pork has three times as much thiamin as any other food. Thiamin changes carbohydrates into energy and promotes a healthy appetite.
- Pork is naturally low in sodium and a “good” source of potassium — two nutrients that, when coupled, can help regulate blood pressure.
- Domesticated pigs first arrived in North America in the 1500s.
- Pigs are among the smartest of all domesticated animals including dogs.
- Washington state is home to over 17,000 hogs.



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.

- [National Pork Board - Pork Nutrition](#)
- [National Pork Board – Coloring Book](#)
- [Washington Agriculture in the Classroom - Pork Resources](#)
- [North Carolina Ag Mag - Pork](#)



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

Olsen Farms - Colville, WA

Olsen Farms is a small family farm located in a mountain valley in Northeast Washington, just north of Colville. Olsen Farms produces high quality meats from sustainably raised farm animals. Olsen's ground pork comes from their barley-fed pigs. Their pigs are raised and tended to just south of their homestead and fed barley grown from their neighbors right next door in Addy.



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