



WA Local Foods

Beef

Promotional Resources

Fun facts

- ♦ Beef is an excellent source of protein, vitamin B12, vitamin B6, zinc, niacin, and iron.
- ♦ Cattle are ruminants, meaning their stomach has four chambers which allows them to digest grasses.
- ♦ There are over 10,000 beef producers raising 1.1 million cattle in Washington state.
- ♦ The United States and Australia are the top beef-producing countries with cattle raised primarily for meat consumption.
- ♦ There are over 80 cattle breeds recognized in the US with the most common including Angus, Hereford, Charolais, and Brahman.

Know your distributor

Ray's Meats - Union Gap, WA

Ray's Meats is a family run business that started in 1958. They are a full line distributor in the food service business selling not only meat products but also an array of dry good items and continue to improve quality and service.

Know your farmer

Royal Ranch - Royal City, WA

Royal Ranch began in 1962 with beginning crops of beans, alfalfa, and beets. Over the years and through generations, this family farm has grown to include potatoes, apples, cherries, peas, sweet corn, asparagus, alfalfa, wheat, triticale, honey, beef, dairy products, and more!



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 spread information about local foods and healthy eating to increase students' knowledge of healthy eating and where food comes from.

- ♦ [Beef Nutrition Education and Activities - Beef. It's What's For Dinner](#)
- ♦ [Washington State Beef Commission](#)
- ♦ [Beef - WA Agriculture in the Classroom](#)
- ♦ [Learn About Beef - On the Farm STEM](#)
- ♦ [Harvest of the Month: Beef - Maryland](#)



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