



WA Local Foods

Tortillas

Promotional Resources

Fun facts

- ◆ Tortillas are rich in fiber, vitamin B3, magnesium, potassium, and phosphorus.
- ◆ Nixtamalization (the process of soaking the corn or grain in an alkaline solution prior to grinding) enhances the available nutrients.
- ◆ Tortillas were first made from maize by indigenous people.
- ◆ There are two primary types of tortillas: corn tortillas and flour tortillas. Corn tortillas generally contain more fiber than flour tortillas while flour tortillas may be fortified with iron and folic acid.



Know your farmer

Functional Foods

Tortillas Con Madre - Lynden, WA



Tortillas Con Madre was founded by Lupita Nava, who began making tortillas in her home garage with the goal of bringing a healthier, more nutritious option to her community while honoring her roots in Mexico. What started as a family recipe has grown into a Washington-based, certified organic tortilla company committed to transparency and quality. Using only a handful of clean, organic ingredients: local Washington-grown flour, cold pressed oils, and sea salt. Tortillas Con Madre now serves schools and families across the regions, connecting students to food grown by farmers right here in Washington.



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.

- ♦ [The Tortilla Factory Lesson and Resource Guide - Washington State OSPI](#)
- ♦ [Tortilla Time! - Food Corps 3rd Grade Lesson](#)
- ♦ [How It's Made: Corn Tortillas - National Agriculture in the Classroom](#)



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