



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

Four Roots - Spokane, WA

Four Roots, a woman and woman-veteran owned small business, is deeply rooted in the values of sustainability, local farming, and giving back. They connect local family farmers with consumers year-round, ensuring that what is grown here stays here, benefiting both farmers and our community.

Know your rancher

The Herd - Ritzville, WA

As Fourth Generation cattle ranchers, the Curtis family have been perfecting their craft for over 100 years. Their passion of creating the best tasting, humanely raised and sustainably grown animals has always been some of their founding principles. The Herd's carefully curated diet of lush spring and summer grass, mixed with their ranch-raised alfalfa, and locally grown grain have allowed them to raise healthy and happy cows.



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