



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

Ray's Meats - Union Gap, WA

From the gate to the plate, Ray's Wholesale Meats has been providing quality meats in the Yakima Valley, majority of the Pacific Northwest all the way to Okinawa, Japan for over 65 years.

Know your rancher

Royal Ranch - Royal City, WA

Royal Ranch spans 5,000 acres in Central Washington, balancing traditional crops with dairy and beef cattle to improve soil and lower emissions. The farm features a unique six-acre worm bed system, purifying and recycling irrigation water. With these combined efforts, Royal Ranch has achieved carbon neutrality, ensuring a sustainable future for both the land and the planet.



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