Local Food For Schools

BISON

Promotional Resources

Fun facts

- Bison is high in vitamin B12, a rich source of protein and contain omega-6 and omega-3 fatty acids.

- Bison are the largest land mammals in North America, with mature cows weighing around 1,000 lbs. and bulls weighing up to 2,000 pounds.

- Bison meat is leaner and has a sweeter, richer flavor than beef.

- Bison have been a critical species to Northern Plains tribes for thousands of years.

- The Yakama Nation, Kalispel Tribe and Stillaguamish Tribe are members of the Intertribal Buffalo Council, working to reestablish buffalo herds on tribal lands.

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.

- InterTribal Buffalo Council - Teacher Resource
- Oklahoma Agriculture in the Classroom – Bison Resources
- Texas Parks & Wildlife - Learning About Bison Classroom Activities
- Buffalo Field Campaign – BuffaLove Activity Book
- Montana Harvest of the Month – Bison

Know your distributor
Puget Sound Food Hub
Mt. Vernon, WA

The Puget Sound Food Hub is a farmer-owned cooperative that markets, aggregates and distributes locally produced food from their partner farms to wholesale buyers.

Know your rancher
Montrail Bison - Saint Ignatius, MT

Montrail Bison is a family-based company that works to provide their customers with the highest level of quality, using the finest ingredients in every item they produce. Their Bison are always antibiotic and hormone free. They are free-roaming and always treated humanely and with respect. In Big Sky country, the bison still roam under the majestic blue skies.

Washington Office of Superintendent of
PUBLIC INSTRUCTION

WSDA Washington State Department of Agriculture
Regional Markets Program

SNAP-Ed