



Local Food For Schools

PORK

Promotional Resources

Fun facts

- Pork provides protein, B-vitamins and thiamin to our diets. Pork has three times as much thiamin as any other food. Thiamin changes carbohydrates into energy and promotes a healthy appetite.
- Pork is naturally low in sodium and a “good” source of potassium — two nutrients that, when coupled, can help regulate blood pressure.
- Domesticated pigs first arrived in North America in the 1500s.
- Pigs are among the smartest of all domesticated animals including dogs.
- Washington state is home to over 17,000 hogs.



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.

- [National Pork Board - Pork Nutrition](#)
- [National Pork Board – Coloring Book](#)
- [Washington Agriculture in the Classroom - Pork Resources](#)
- [North Carolina Ag Mag - Pork](#)



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 meat processor

Jack Mountain Meats - Burlington, WA

Jack Mountain Meats is an artisan food company dedicated to locally sourced, handcrafted, quality food. They help strengthen their regional economy by working locally and fostering relationships with farm partners and customers.

Know your rancher

Pure Country Farms - Moses Lake, WA

Pure Country Farm pork is raised by the Klingeman family who have been farming for five generations. The Klingemans raise their animals from birth to finish. All the animals they raise are pastured, free roaming and fed a GMO-Free feed the family grows on farm. Their hogs are never given antibiotics, added hormones, or animal by-products. The Hogs are raised outdoors under hoop houses, providing shade from the hot sun and shelter from harsh winter weather. The hogs are a cross of heritage animals which makes the pork's texture buttery smooth and tender.



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