



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](#)
- [North Carolina Ag Mag - Pork](#)



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

Casa Cano Farms - Valleyford, WA

Casa Cano Farms is a vegetable and livestock farm whose focus is on the health of their farm ecosystem. They incorporate pasture-raised livestock and intensive minimal-till vegetable production, resulting in more nutritious and better tasting food. Casa Cano Farms cares about their community and their land, and use organic methods for fertility, pest, and weed management.



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