



## INDIANA FOOD DAY

# SO MANY INDIANA PROTEIN OPTIONS

Indiana is a perfectly representative U.S. agricultural state. With more than 56,000 farms on 15 million acres, Indiana is a big producer of protein foods. The state ranks #1 in the country in duck production, #2 for chickens and eggs, #4 for turkeys, and #5 for soybeans and pork production!

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INDIANA  
DEPARTMENT OF  
EDUCATION



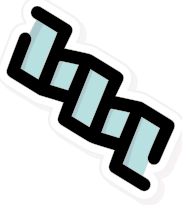
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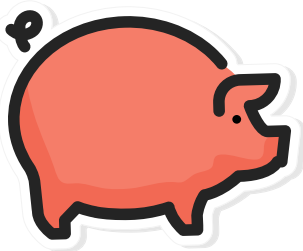
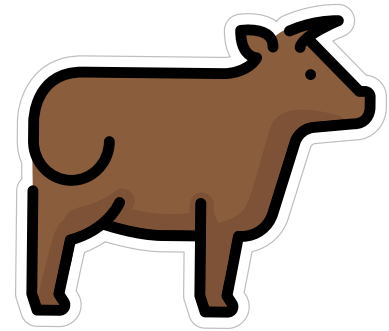


## THE POWERFUL PROTEIN



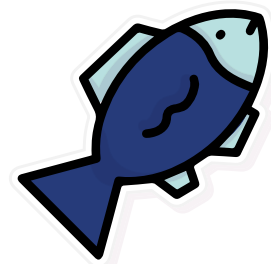
A protein is made up of one or more long, folded chains of amino acids. Complete, or whole, proteins are those that contain all nine of the essential amino acids for the human body. Meat protein is distinctive for being a whole protein.

Unlike other common sources of meat protein — such as pork, fish, and poultry — cattle are ruminants and digest their food differently. Ruminant microbes can convert low-value protein and other nutrients found in cellulose/biomass (such as grass and hay) into high-value protein for human consumption. Beef is high in protein (a three-ounce serving provides half of your recommended daily value) and also is high in iron, a mineral that helps red blood cells carry oxygen to cells and tissues in the body.



While pork is high in protein like beef, most cuts are leaner in fat content. As with beef, a three-ounce serving contains almost half of your daily recommended protein. Protein foods bring along other nutrients important for the body — pork, for instance, is high in thiamin, which helps your body metabolize carbohydrates, protein, and fat; and in zinc, which helps with the immune system.

Fish, such as cod, flounder, sole, salmon, and tuna, are lower-calorie sources of meat protein, and also low in total and saturated fat. A three-ounce portion of most fish provides about one-third of the average daily



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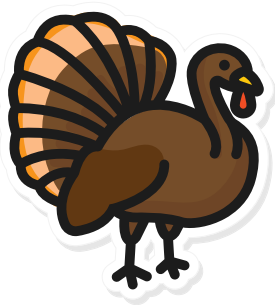
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recommended amount of protein. The protein in fish and other seafood is easier to digest for some people because it has less connective tissue than other meats. In addition, fish contain omega-3 fatty acids that help maintain a healthy heart.

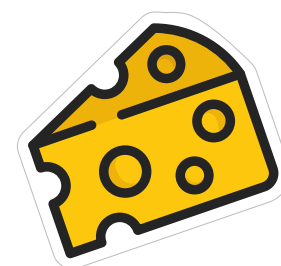


Meat birds such as chickens, turkeys, and ducks are grouped as “poultry.” Poultry is high in protein and low in saturated fats. These meats lend themselves to a wide variety of food preparation across cultures and palates, and they are among the most affordable types of meat.

The egg is also high in protein and low in carbs and calories. Much of its nutrition, including vitamins B and D and omega-3 fatty acids, is in the yolk. Like poultry, eggs lend themselves to a wide variety of preparation — including in breakfast foods, lunch items, snacks, and within baked goods.

Dairy products such as yogurt and cheese are high in protein. Cheese and yogurt are high-quality sources of complete protein, just like meat. In addition, they provide essential calcium for bones and teeth; potassium for healthy blood pressure; and vitamin D for absorption of calcium.

Beans come in many varieties and are classified as legumes. They include kidney, pinto, white, black, and lima beans, to name a few. Beans – along with dried peas (different from green peas) and lentils – are classified in the beans, peas, and legumes vegetable subcategory.



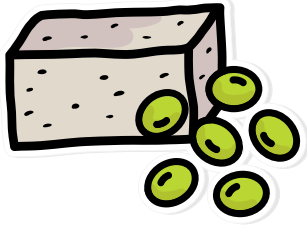
Some of the soybeans that you see in fields across Indiana are processed for use in a wide variety of foods, including tofu.

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Tofu is derived from soybean curd, pressed into blocks and often consumed as a protein-rich, lower-fat substitute for meat because it has a mild taste that blends well with many flavors.

Beans and tofu are excellent protein sources, as well as for iron and zinc. As vegetables, they are also rich in fiber, folate, and potassium.

## TRYING TO SOURCE LOCAL PROTEINS?

When it comes to finding protein foods to supply your students and staff for this year's Indiana Food Day, remember that "local" can even include food grown or raised outside your immediate county or area. The USDA allows schools to choose how they define what local means to them, whether that is down the street, within a certain mile radius, or within the state. Indiana-grown is always best! Refer to these resources for help with sourcing local proteins near you:



### INDIANA GROWN FOR SCHOOLS

Under "**Find a Local Producer,**" select your desired **Category**, then **Product**, in the dropdown menus on the Indiana Grown website.

[LEARN MORE](#)



### FOOD HUBS & DISTRIBUTORS

A listing of Indiana food hubs and distributors, and contact information.

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## USDA LOCAL FOOD DIRECTORIES

A helpful tool for finding fresh local food from farmers, producers, and distributors around Indiana - **just enter your ZIP code.**

[LEARN MORE](#)

## PROCUREMENT OF PROTEINS

The following are resources to help you get started with the purchase/procurement of protein foods for your school's Food Day celebration.



### INDIANA GROWN GUIDE - PROCUREMENT

Local food procurement resources from Indiana Grown and the Indiana Department of Health, including a downloadable Procurement Toolkit.

[LEARN MORE](#)



### INDIANA DEPARTMENT OF EDUCATION - FARM TO SCHOOL

A guide on procurement procedures for Indiana educators, with video training.

[LEARN MORE](#)



### USDA GUIDE - PROCURING LOCAL FOODS FOR CHILD NUTRITION PROGRAMS

Learn more about purchasing local foods through USDA programs.

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## FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS

This guide has all of the current information in one manual help you determine the specific contribution each food makes toward the meal pattern requirements.

[LEARN MORE](#)

## FACT SHEETS ON LOCAL PROTEIN AND PROCUREMENT

[10 Facts About Local Food in Schools](#)

[Geographic Preference: What It Is and How To Use It](#)

[Selling Local Food to Schools](#)

[USDA Foods: A Resource for Buying Local](#)

[Local Meat in Schools](#)

[Integrating Local Foods Into Child Nutrition Programs](#)

[Decision Tree: How Will You Bring Local Foods Into The Cafeteria With Your Next Food Purchase?](#)

[Farm to Preschool](#)

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## MICRO PURCHASES



The dollar amount of the purchase will determine the procurement method when buying from a vendor/distributor or directly from a grower. The micro-purchasing method can be used when purchases are \$50,000 or less.

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## FOOD SAFETY RESOURCES



For any questions about food safety affiliated with buying local meat, eggs, cheese, or yogurt, check out the resources from the Indiana Department of Health or contact your local health department.

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Another great initiative in October is the **Indiana Great Apple Crunch**. If you would like to include this with your Food Day activities, or even designate an additional date just for the Apple Crunch, you can register [here](#):

 [Register](#)



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