

BUFFALO FARM TO SCHOOL



Animal Protein



What are Animal Proteins?

- Animal proteins include meat, poultry, dairy, eggs, and fish.
- Animal proteins are complete proteins, which means they provide all the essential amino acids our bodies need.
- Animal proteins are the highest-quality protein sources.

Kid Friendly Eating Tips

- Eggs are an affordable and kid-friendly food. They're also a great first food to teach children how to cook!

New York Beef

- Beef cows are also known as cattle.
- NY beef comes from small family farms: the average NY beef herd is 15 cows, and 95% of beef farms have 1-49 head of cattle.
- The cattle lifecycle is about 18-24 months long. Beef cattle spend 6-10 months with their mother, and then graze on grass for several months. Cattle are often moved to feedyards for the last 4-6 months of their lifecycle, where they eat a diet of roughage (such as hay, grass, and fiber), grain (such as corn, wheat, and soybean meal) and local renewable feed sources (such as the tops of sugar beet plants or potato peelings). They're taken care of by a team of veterinarians, nutritionists, and farmers or "cattlemen."
- Animal proteins like beef are the only dietary (or "food") source of B12, an essential nutrient that's important for blood formation and your brain and nervous system.

Continued on back 

New York Poultry & Eggs

- The most common type of poultry raised in NY is chicken. Many people even raise chickens in their back yards!
- There are 39 varieties of chickens, and hundreds of breeds!
- Did you know there's a difference between laying hens and broiler (or "meat") hens? Laying hens provide delicious eggs, while broilers are best for eating.
- Chicken is a lean protein and an excellent source of amino acids, which help to build muscle.
- Eggs are an inexpensive source of high-quality protein.

Choose Your Protein Wisely

- Choose lean proteins. Poultry is naturally lean, especially white meat (including chicken breast). When selecting beef, look at the label and choose meat with a lower percent of fat, such as 95% lean/5% fat.
- Chicken, eggs, beef, and other protein should always be kept refrigerated.
- Always cook your protein thoroughly. Use a meat thermometer to check that it has reached a safe internal heating temperature.

RECIPE

BAKED CHICKEN NUGGETS

Ingredients:

- 16 oz (2 large) skinless boneless chicken breast, cut into bite-sized pieces
- ½ teaspoon salt and pepper
- 2 teaspoons olive oil
- 6 Tablespoons whole wheat Italian bread crumbs
- 2 Tablespoons panko bread crumbs
- 2 Tablespoons grated Parmesan cheese
- Non-stick cooking spray

Directions:

- Preheat oven to 425°F. Spray a baking sheet with non-stick cooking spray.
- Combine the breadcrumbs, panko, parmesan cheese, and salt and pepper in a medium bowl.
- In another bowl, add the chicken and drizzle with the olive oil. Gently toss until the chicken is coated.
- Place a few chunks of chicken at a time to the breading mixture. Turn the pieces until they are coated. Place the coated pieces of chicken on the baking sheet.
- Once all of the chicken is on the baking sheet, lightly spray the top with the cooking spray. Bake 8-10 minutes, then turn and bake for another 4-5 minutes or until the chicken reaches an internal cooking temperature of 165°F when checked with a cooking thermometer.

