



CHICKEN

YEAR-ROUND



ARKANSAS
Farm to School

U of A
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



PRODUCE

Chickens are raised in chicken houses. They are given nutrient-dense food and water. Their health is very closely monitored. Once they reach a desired size, they are harvested, cleaned, chilled, and packaged. They are inspected and distributed to grocery stores and restaurants.



PREP

Refrigerate chicken at 40 degrees Fahrenheit or below in the coldest part of the refrigerator or freeze. Thaw frozen chicken safely in the refrigerator or microwave and immediately use. Chicken can be boiled, baked, grilled, fried, smoked, or slow-cooked.



EAT

Baked, fried, grilled, and smoked chicken is delicious paired with your favorite side dishes. Chicken can be enjoyed in casseroles, chili, curry, and soup. Try chicken in fried rice or your favorite noodle dish! Top your salad with chicken to add a boost of protein.



LEARN

Chicken is a **protein**. When prepared without the skin, chicken has 22 grams of protein in a 3 ounce serving. Protein builds muscle, boosts metabolism, and supports digestion. Chicken is one of the largest agricultural products in Arkansas; there are over 6,000 farms producing chickens across the state.

