

Support US Farmers and Your Health with Mighty Mushrooms!

Mushrooms are not only flavorful and versatile, they're also nutritional powerhouses, with immune-boosting selenium and Vitamin D* for bone health. They're cost-effective and often locally grown - a plus for any meal!

MUSHROOM FARMING



2

MILLION POUNDS



Schools purchased **2 million pounds** of fresh mushrooms in SY 2018/19.¹

100

YEAR ANNIVERSARY



Many mushroom farms are multigenerational farms – upwards of fourth and fifth generation. In fact, a family farm in Pennsylvania celebrated its **100 year anniversary** last fall.

1

MILLION POUNDS



One acre of land can produce 1 million pounds of mushrooms - that's enough to fill the length of nearly 4,700 football stadiums.²

250+

MUSHROOM FARMS



There are **over 250** mushroom farms in the US.

MUSHROOMS ON THE MENU



Mushrooms pack important vitamins and minerals that are not always found in other vegetables, like immune-boosting selenium, a powerful antioxidant, and Vitamin D, important for bone health.³



US-grown mushrooms are sustainably produced by farmers right in your communities (they're grown in almost every state!). Serving mushrooms means supporting local agriculture.

LEARN MORE ABOUT THE MIGHTY MUSHROOM AND HOW TO INCLUDE THEM IN YOUR MEALS!



Look for local mushrooms in your grocery store or farmers' market.



Incorporate mushrooms into your favorite meals or visit our website for mushroom recipes!



Check out our food literacy lessons and handouts for further learning at home.



Visit [MushroomsInSchools.com](https://mushroomsinschools.com) for recipes, resources, and more!

*1 cup diced portobello mushrooms provides 19.7 mcg 99% RDA Vitamin D

1. <https://www.mushroomcouncil.org/industrystaff/research-reports/annual-reports/>
2. <https://www.americanmushroom.org/main/sustainability/>
3. <https://www.mushroomcouncil.org/all-about-mushrooms/nutrition/>

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Questions? Comments? Contact us at SchoolMeals@mushroomcouncil.org