**Share What You Learn!**

Want to share what you are learning with your social media followers? Here are quick social media captions to use!

🤯 92% of a mushroom is made out of water - and they love to be grown in a moisture-rich environment 💦 #KidsEatMushrooms2 #SchoolNutrition #MushroomsinSchools

🍽️ Adding more mushrooms to your plate is environmentally friendly and provides vitamins and minerals that are good for our bodies! 💪 🌎 #KidsEatMushrooms2 #SchoolNutrition #MushroomsinSchools

Don’t forget to tag us - @MushroomsinSchools!