



# Resource Brochure for K-12 Schools

*Let us help you put more mushrooms on the menu  
in YOUR schools with our delicious recipes and resources!*



Brought to you by the Mushroom Council

[MushroomsInSchools.com](http://MushroomsInSchools.com)



@MushroomsInSchools



@MushroomsK12

# Welcome to the Wonderful World of Mushrooms!

We know that serving up great school meals takes a strong team. Mushrooms in Schools has your back.



*When you see this icon,  
it's click-able!*

## A Message from Mushrooms in Schools:

Mushrooms in Schools began at ANC in Denver, CO, 2012 when the Mushroom Council exhibited for the first time. For 10 years and counting, we have been supporting schools serving mushrooms through marketing and culinary support. We have been so pleased to see mushrooms become a common vegetable in school coolers and on their menus. We love to see the many regional recipes featuring fresh and local mushrooms!

*Did You Know? Schools consumed over 1 million pounds and counting of mushrooms this past school year?*

*Did You Know? DoD supplies mushrooms across the country by supporting local farmers and producers.*

Whitney Bateson, MPH RD and Tarrah Westercamp, MS, RDN, SNS, our school consultants, represent us at child nutrition events and on social media. Take a moment to introduce yourself sometime by sending us a message - we love meeting and networking with other school nutrition professionals, and supporting your efforts to serve delicious, nutritious school meals.

This brochure has been created to help you do just that! Please read through the pages and visit our website to download the resources mentioned, plus so much more. Share this brochure with your kitchen teams, managers, or colleagues - Mushrooms in Schools is for everyone!

## Here to Help!

**Whitney Bateson, MPH RD**, has supported the school nutrition industry for over 15 years with nutrition and sustainability program development, training creation, marketing, and operational support. She is passionate about empowering foodservice operators with the tools, knowledge, and practical resources that will make it easier to serve delicious meals to children, while keeping an eye on the bottom line.



*Whitney Bateson  
MPH RD*

**Tarrah Westercamp, MS, RDN, SNS**, has worked with school districts and state agencies for over 10 years to increase meal participation, incorporate nutrition education, and invigorate the student experience. She has managed approximately \$3 million in school nutrition grant monies, and been awarded the "Innovations of Nutrition and Dietetics" poster award from the Academy of Nutrition and Dietetics for her nutrition education and marketing program that significantly increased Summer Food Service Program (SFSP) participation.



*Tarrah Westercamp  
MS, RDN, SNS*

***We want to hear from you! You can drop us an email at [SchoolMeals@MushroomCouncil.Org](mailto:SchoolMeals@MushroomCouncil.Org)  
or follow us on our social media handles below.***



# Everything You Need for Putting Mushrooms on the Menu!

Not sure how to introduce mushrooms to your students? Looking for menu inspiration? Want to understand the best types of mushrooms for serving in meals? We have your answers, plus more!

## Visit Our Blog

Stay-up to date and learn about trending topics in school foodservice and mushrooms through our blog. In addition to educational content, we love featuring inspirational success stories from school districts across the country.



SCHOOLS

Coppell ISD Finds School Success with Build Your Own Ramen Bars!



SCHOOLS

Five Amazing Mushroom Facts for Kids and Educators



Selecting, Cleaning, and Storing Mushrooms for School Meals

## Search Our Recipe Database

Our recipes are 100% #RealSchoolFood certified and we even do the nutrient analysis for you. Try a classic favorite like the Mushroom Cheddar Omelet, or try something adventurous like Hungarian Mushroom Soup.



Ravioli Florentine  
Noblesville, IN



Portable Portabella Pizza Burger



Mushroom Corn Salad  
Humboldt Unified School District, AZ

**Fun Fact:** Mushrooms are grown in all 50 States!



# Find fresh mushrooms in all 50 states.

You can source fresh mushrooms from many produce suppliers.

## Wholesale Distributors

Distributors are the link to virtually every institutional foodservice operation in the country. Request local food products (mushrooms!) and the names of the farms they purchase from.

**Here's a pro tip:** Outsource your prep! Did you know that many suppliers sell pails of pre-sliced mushrooms that are perfect for pizza toppings, salad bars, gravies... basically, everything? Be sure to ask your distributor about value added mushrooms.

## DoD Fresh Fruit and Vegetable Program

Fresh mushrooms are available in the USDA Foods entitlement dollars to buy fresh produce. The program is operated by the Defense Logistics Agency (DLA) at the Department of Defense. Check with your State agency about purchasing fresh mushrooms.

## Direct Purchasing

Research mushroom farms in your region and set up a meeting with the farmers directly. Since mushrooms are grown year round supply is consistent. Meet with a local farmer to determine the best way to purchase and deliver mushrooms direct from the farm.

## Contract Growing

If you plan on purchasing large amounts of produce for your district you can potentially develop a contract growing partnership. Foodservice staff can meet with a local farmer and agree upon a price and a given amount of produce for the year. This could potentially save you money but requires discussion and planning between staff and farmers with both parties assuming a bit of risk.

## CSA (Community Supported Agriculture)

CSA subscribers receive weekly shares of a farmer's harvest, after paying farmers up front for operating costs. As a subscriber, a school can be a part of a farm harvest which is an opportunity for classroom education. CSA's are a good alternative for smaller schools that can work with a rotating array of farm products. CSA shares can also supplement produce for harvest dinners and classroom taste testing. Many farms offer summer, fall and winter CSA shares and work with schools on the payment. Parents and businesses also can donate CSA shares to schools.

## Marketing Cooperative

Some farmers work together to share in the distribution, marketing, processing, selling or billing of their products. The benefit of buying from a cooperative like this is that it is easier for farmers to get enough variety and quantity of product to your kitchen and it is easier than coordinating with multiple farmers.

Find more sourcing and procurement resources on our webpage.





# Handling and Storage

Keep your mushrooms fresh longer with our handling and storage tips.



## Mushroom Useability



Salad Bar Ready  
1-5 days



Sautee or Blend  
6-10 days



Toss  
Longer than 10 days

## Mushroom Storage and Handling

- Temperature** Refrigerate immediately between 34-38°F (0°C).
- Moisture** Do not sprinkle mushrooms with water as this will cause mushrooms to darken, mildew or deteriorate.
- Handling** Store in original container. Do not stack other produce items on top of mushrooms as they bruise easily.
- Shelf Life** 10 days, under optimum conditions.
- Preparation** Rinse mushrooms quickly in cool water - do not soak! Do not rinse until ready to use.



Find recipes, resources and inspiration at [MushroomsInSchools.com](http://MushroomsInSchools.com)!

Need support to introduce mushrooms to your students? We are here to help! Let's chat.

Contact us at [SchoolMeals@mushroomcouncil.org](mailto:SchoolMeals@mushroomcouncil.org)

## Kitchen Tips:

*Mushrooms are not fans of moisture or strong odors, so do not place your mushrooms in the crisper or near fragrant foods like onions or garlic.*

*Clean mushrooms with a wet towel cloth or towel. Commercial mushrooms are grown indoors and likely free of soil or debris.*

*Store mushrooms in your refrigerator in their original packaging or a porous bag.*



Click to Download!

# ***We love recipes from school districts!***

Mushrooms in Schools collects crave-worthy recipes in one place, so you can serve #RealSchoolFood with ease.

## ***Mushroom Pizza***

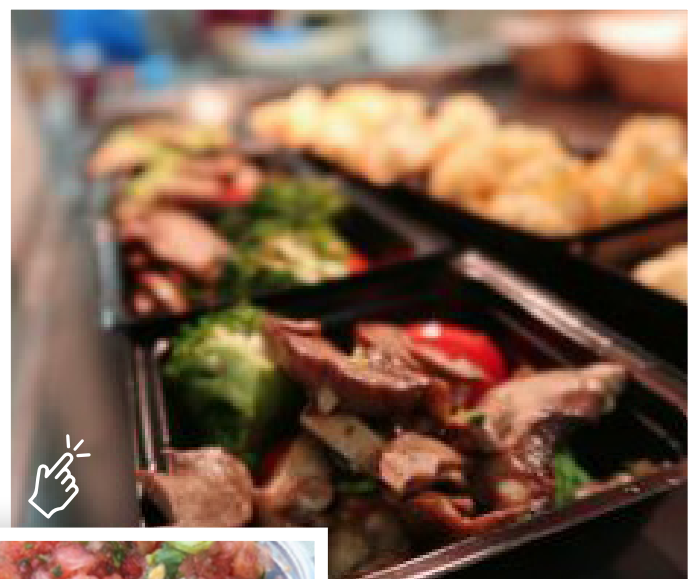
Reach Up Inc Headstart, MN  
CACFP Meal Service Recipe!



***"My mission is to increase vegetarian options in the cafeterias, make food more interesting thereby increasing overall health of the students and teachers in the district, and increase local food purchasing with local Texas mushrooms!"***

***-Jean Mosley,***  
Coppell Child Nutrition Programs

***Roasted Mushroom, Broccoli, Tomatoes***  
Cincinnati Public Schools, OH



***"Kids eat mushrooms and they do enjoy trying new items."***

***-Jennifer Reiser,***  
Director of Food Service at Grove Area School District

***Breakfast Vegetable Quesadilla***  
Have a Plant





***Take your culinary training up a notch***  
and try our Layers of Flavor Culinary Training with Chef Robert.



The full course is approved by the School Nutrition Association for 1 CEU.

Our 1 hour course consists of 10 modules featuring engaging videos and accompanying downloads and resources, and is perfect for cooks, managers, and anyone wanting to learn how to serve more mushrooms in meals!

**Visit the training webpage** 

***to view all 10 videos and to download an overview of the course, self-study quiz, CEU certificate, and recipes mentioned in the course***



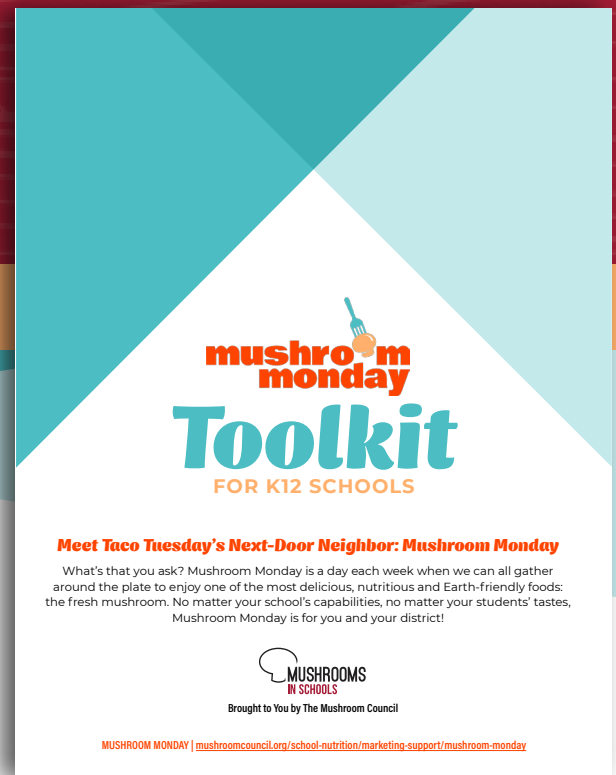
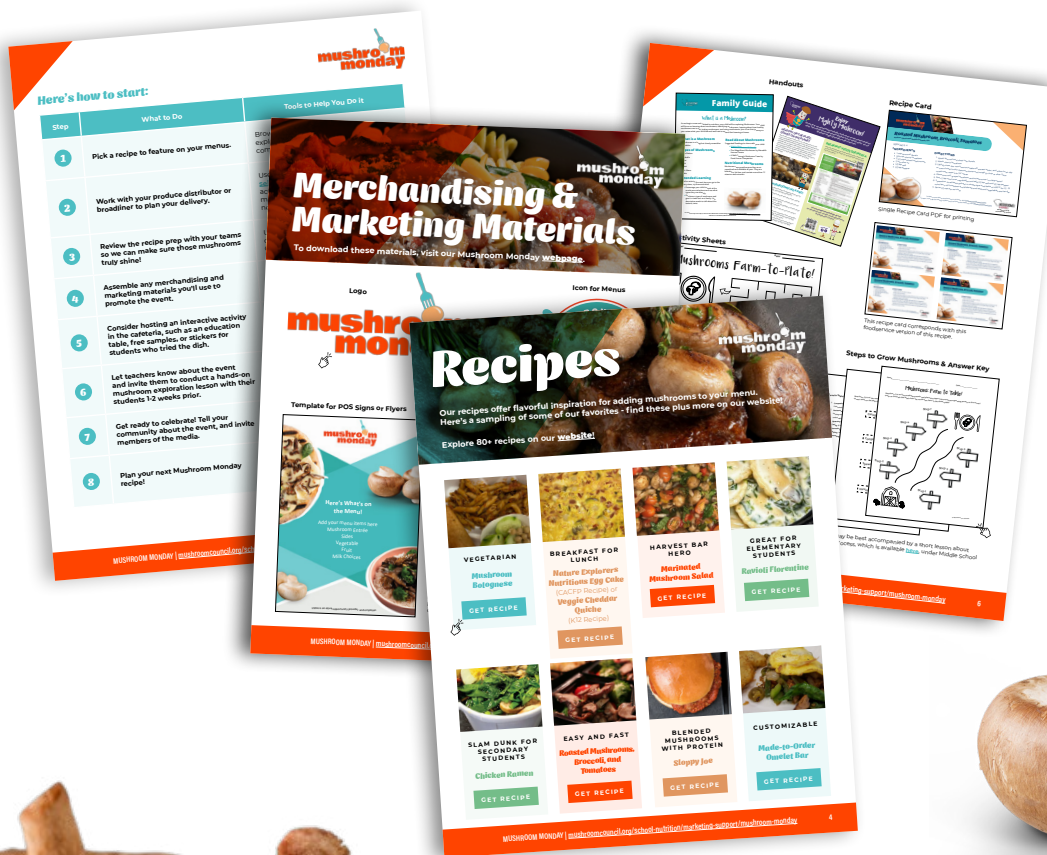
# Resource Spotlight!

These are our favorite resources for introducing students to mushrooms!

JUST IN TIME FOR PLANNING YOUR MENUS

Meet your new favorite  
day of the week!

# mushroom monday



- Delicious, school-friendly recipes students will love
- Ready-to-use marketing and merchandising materials
- Sourcing tips, step-by-step planning guide, plus more!



Download the toolkit and resources here!

# Marketing Your School Nutrition Program

We have the tools you need to amp up participation and satisfaction.



## How Mushrooms are Grown

Grown indoors on a year round cycle, mushrooms always pack a nutritious punch into your favorite meals. Before making their way to your plate, mushrooms go through a growing process in a highly controlled environment unlike that of any other produce. Get a behind-the-scenes look into the journey of the incredible fungi.

### Raw Materials

The substrate provides a nutritional balance of organic material to serve as a growth medium for mushrooms.



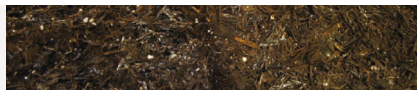
### Spawning

Mushroom spawn, purchased from commercial labs, is mixed with the substrate.



### Bedding

The mushroom spawn mixture is transferred to several hundred beds or trays.



### Casing & Pinning

Casing, made of peat moss, is spread over the mushroom bed serving as a reservoir to hold in moisture. During the pinning stage, "pins" of mushrooms push up through the casing.



### Harvesting

Mushrooms are harvested by hand throughout a 16-35 day cycle.



Get Social!



## Posters and Print Signage:

Beautify your cafeteria with educational signage from Mushrooms in Schools.

## Student Stickers:

Trying new foods is much more fun when you have a reward like our cute mushroom sticker!

## Printable Food Packaging Labels:

Do you have a school recipe that utilizes fresh mushrooms as an ingredient? Contact us and we'll swap you for a label maker with mushroom-inspired food labels!

## Social Media Graphics:

Our turnkey digital materials will make posting on a Facebook and other social channels simple and rewarding.

### Fun Fact:

*Schools purchased one million pounds of fresh mushrooms last school year which equated to sixteen million servings of fresh mushrooms.*

Download all of these marketing materials (and more!) [here](#).



# Resources for the Classroom and Home

Mushrooms are an exciting, versatile ingredient to love. Help students and families explore the mighty mushrooms through our resources.

## Classroom Education

Whether you are planning a Harvest of the Month or working with your school's science department, our classroom education curriculum has everything you need to teach kids about mushrooms. Access complete lessons and materials.



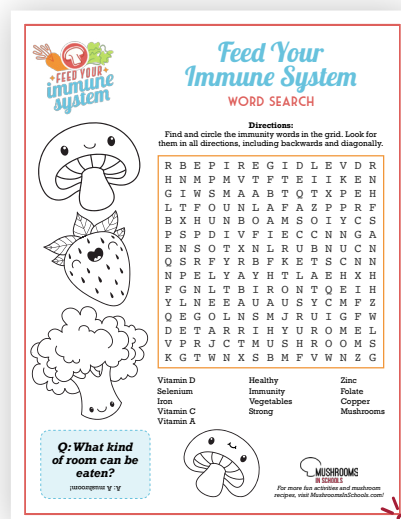
## Farm to School Toolkit

Mushrooms are grown all over the United States. They are the perfect, locally grown food that's available year-round. Need Farm to School social media graphics? We've got them! Take home handouts? Stickers? We got that too! Our Farm to School toolkit has everything you need to promote fresh, local mushrooms to students and families.



## Feed Your Immune System

Nutrition plays an important role in immune system function, and our resources help you serve nutrient-dense menus. To bring the message home, share our Immunity Word Search, or direct families to education and home recipes that support healthy immune systems!



### Did you know...

Mushrooms produce Vitamin D when exposed to Ultraviolet light, but they don't need light to grow.



# We Love Mushrooms!!!

 MUSHROOMS  
IN SCHOOLS



[MushroomsInSchools.com](http://MushroomsInSchools.com)

Share your finished sheet by tagging us on Facebook and Twitter!



@MushroomsInSchools



@MushroomsK12

 Click to  
Download!

# Childcare & WIC Resources

Mushrooms in Schools has resources for you to reach preschool-aged children (and their families) with recipes, fun activity ideas, educational lessons, books, and much more!

## Many Ways to Explore Mushrooms

### Sesame Street FUN!

We love these resources from the National CACFP and Sesame Street partnership. Use these for a quick brain break and/or handouts to send home!



Sesame Street: Cookie Monster's Foodie Truck- Mushrooms

### Elmo's Vegetable-Garden Omelet

#### INGREDIENTS

3 large eggs\*  
2 tbsp. water  
1/4 tsp. salt  
1 tbsp. butter or margarine  
1/4 onion, sliced  
1/2 cup mushrooms, sliced  
1 cup fresh spinach  
1/2 cup tomatoes, diced  
1/4 cup low-fat Swiss cheese, shredded

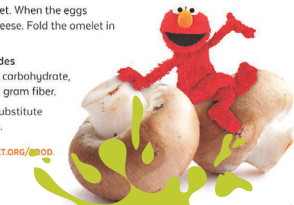
#### INSTRUCTIONS

- » In a bowl, beat eggs, 2 tablespoons water, and salt until blended. Set aside.
- » In a pan, melt butter on medium-low heat. Add sliced onion and mushrooms and cook until soft, then add spinach and stir until wilted. Pour the egg mixture and cook until the egg mixture begins to set on the surface.
- » Spread tomatoes over half the omelet. When the eggs thicken on the surface, sprinkle with cheese. Fold the omelet in half and serve immediately. Enjoy!

Makes 2 servings. Each serving provides 185 calories, 14 grams protein, 3 grams carbohydrate, 13 grams fat, 340 milligrams sodium, 1 gram fiber.

\*To reduce the total fat in this recipe, substitute the 3 eggs with 1 egg and 3 egg whites.

FOR MORE HEALTHY IDEAS, VISIT [SESAMESTREET.ORG/FOOD](http://SESAMESTREET.ORG/FOOD).  
Recipe courtesy of the National WIC Association



Add  
mushrooms  
to your colorful plate!

# Mushrooms: Healthy on the Plate, Gentle on the Planet

*Mushrooms require a small amount of land.*



*Mushrooms use limited electricity to grow.*



1 KILOWATT HOUR  
OF ELECTRICITY



PRODUCE 1 LB  
OF MUSHROOMS

*Mushroom growers  
recycle.*



*Mushrooms grow  
in various materials  
and can be composted  
and repurposed for  
other uses.*



CORN COBS



COCOA HULLS



OATS

ALL OF THESE GET USED FOR MUSHROOM COMPOST!







# Thank You for connecting with Mushrooms In Schools!

## **Do you have a recipe or resource to share?**

We'd love to highlight your child care or school foodservice program for other districts... and reward you in return! We'll give your team FREE t-shirts when you provide us with a great mushroom recipe and your best photo to go with it!



*\*While supplies last*

**Tag us on *Facebook* or *X (Twitter)* or email us your student favorite recipes at [SchoolMeals@mushroomcouncil.org](mailto:SchoolMeals@mushroomcouncil.org).**

## **Have an amazing School Year!**



Mushrooms in Schools is brought to you by the Mushroom Council

[MushroomsInSchools.com](http://MushroomsInSchools.com)



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