Beef is an important dietary source of Z.I.P. (zinc, iron, and protein). Beef is a powerhouse of protein! One 3-ounce serving equals 25 grams of protein.

76 million Americans eat beef every day.

More beef is consumed on Memorial Day than any other day of the year. Do you have a favorite Memorial Day memory? Share with us on social media using the #MDKidsEatLocal!

**Availability**

YEAR ROUND

**Featured Farm**

HOFFMAN'S MEATS
WASHINGTON COUNTY

Roy Hoffman established the family meat wholesaling business in 1923. Today, Hoffman Meats continues to serve a variety of freshly butchered meats from local farms. You may even see their hotdogs or hamburgers in school lunches!