Fast Facts

- 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!