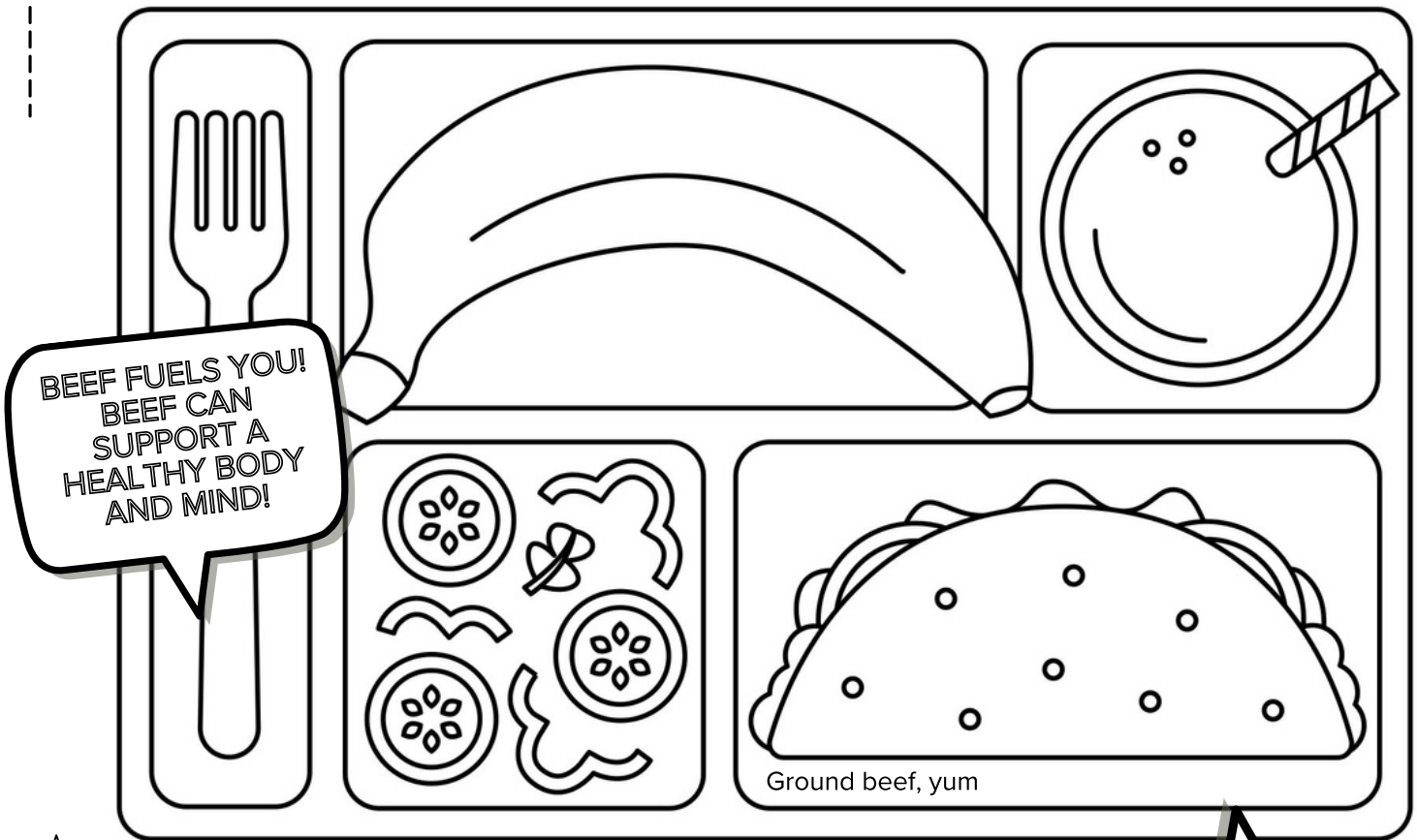
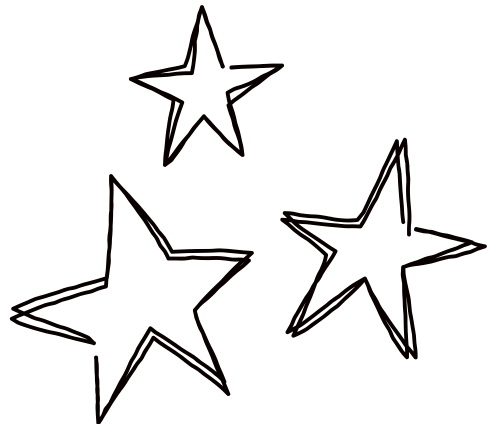


BEEF UP MY LUNCH!



BEEF FUELS YOU!
BEEF CAN SUPPORT A HEALTHY BODY AND MIND!

BEEF PROVIDES 10 ESSENTIAL NUTRIENTS LIKE ZINC, IRON AND PROTEIN.

Did you know? Missouri ranks **#3** in the number of beef cows. Missouri is ranked **#1** in the number of farms. Missouri is home to many small family farms.



Name: _____



Mo Beef Kids is a program of the Foundation of Food and Farm Connections, a 501c3 nonprofit, whose mission is to expand beef in schools. Mo Beef Kids is supported in part by the Missouri beef checkoff and 40,000 Missouri farmers and ranchers. Learn more at mobeefkids.com.