

Resource Packet Request Form For Professional Educators & Health Professionals

(Please Print)

Name _____

Address _____

Please send the following - check (✓) the appropriate line:

_____ **Confident Cooking With Beef** – An excellent reference on beef cut selection, storage, safety, and cooking techniques.

_____ **Delicious Nutrient-Rich Beef** – This brochure provides food and nutrition guidance with special emphasis on “power calories.”

_____ **Convenient and Healthy Ground Beef Recipes** – Understanding the ground beef label and tips for reducing fat. New ground beef recipes included as well.

_____ **Healthy Dining on the Town** – Making smart food choices when eating out, and useful tips for optimizing nutrition while controlling calories.

_____ **Beef Made Easy Cuts Chart** – Beef cuts, where they come from, and recommended cooking methods.

_____ **29 Ways to Love Lean Beef** – USDA classifies 29 cuts of beef as lean. The fat contents of these cuts fall between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.

_____ **Plating it Safe** – A market-to-mealtime checklist to help keep food safe.

To request your complimentary copies of the publications indicated above, please send this completed form to:

Virginia Beef Industry Council
Attn: Beef Brochures
P.O. Box 9
Daleville, VA 24083