

# Publication Request Form

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

\_\_\_\_\_ **Fun Recipes for Your Family – Get Your Grill On** – Recipes and grilling guidelines for your favorite steaks using charcoal or gas grills.

\_\_\_\_\_ **Slice ‘n Save** – Simple steps to creating your favorite steaks and roasts.

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

\_\_\_\_\_ **29 Ways to Love Lean Beef** – There are 29 cuts of lean beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings. This is a great reference for people who are on a heart healthy diet.

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**