

Publication Request Form

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

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

_____ **Putting More Power Foods on our Plates** – A weekday and special meal planning guide based on USDA's MyPyramid recommendations.

_____ **Beef Recipe Brochures** – An assortment of beef recipes for a variety of meals and occasions.

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