

# South Dakota Beef Industry F.A.C.S. Beef Program Materials and Resources



Handouts, Recipes and Nutrition Materials – please specify quantity and include shipping Address



#17200 USDA My-Plate Tear Pad Qty \_\_\_\_\_ list per sheet or #17201 Poster Qty \_\_\_\_\_



Fact Sheet on importance of dietary iron & tips for Absorption Qty \_\_\_\_\_



Beef Nutrient Lesson—learn the unique role each nutrient plays in the body Qty \_\_\_\_\_



#17208 Basics about Beef Booklet Qty \_\_\_\_\_



Beef Value Cuts from the Chuck & Round Qty \_\_\_\_\_



B-Vitamin Chart—learn each vitamin's important function Qty \_\_\_\_\_



% of Boys & Girls NOT Meeting Recommended Amounts of Important Nutrients Qty \_\_\_\_\_



Benefits of Protein Consumption Balanced Throughout the Day Qty \_\_\_\_\_



#06404 Beef Steak Color Guide Qty \_\_\_\_\_



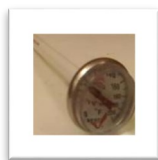
Beef Up Your Fruits & Veggies Qty \_\_\_\_\_



Reducing Fat in Ground Beef Tip Sheet Qty \_\_\_\_\_



Proteins are not created equal Qty \_\_\_\_\_



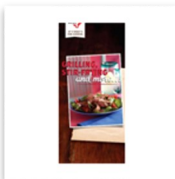
Instant Read Thermometer Qty \_\_\_\_\_ (5 per educator)



Simply Delicious Recipe Booklet (New) Qty \_\_\_\_\_



Infant/Toddler Complementary First Foods packet (New) Qty \_\_\_\_\_



Grilling, Stir Frying & More Qty \_\_\_\_\_



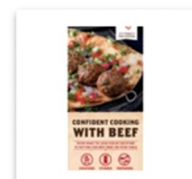
Beef for Breakfast Qty \_\_\_\_\_



Big Nutrition in a Small Package Qty \_\_\_\_\_



Savor the Flavor—Rubs & Marinades Qty \_\_\_\_\_



Confident Cooking with Beef Qty \_\_\_\_\_

Additional Internet Resources—videos & free material available to download

[www.sdbef.org](http://www.sdbef.org) [www.beefresearch.org](http://www.beefresearch.org) [www.factsaboutbeef.com](http://www.factsaboutbeef.com) [www.beefnutrition.org](http://www.beefnutrition.org)

Return this form to the address below & include your return shipping address

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