

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



Basics of Beef Booklet
Qty_____



Beef Value Cuts from the Chuck & Round Qty_____



Today's Beef Choices Fact Sheet Qty_____



Surprising Facts About Beef Fact Sheet
Qty_____



Beef Nutrient Lesson—learn the unique role each nutrient plays in the body Qty_____



Benefits of Protein Consumption Balanced Throughout the Day Qty_____



Proteins are not created equal Qty_____



Beef Up Your Fruits & Veggies
Qty_____



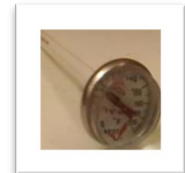
Infant/Toddler Complementary First Foods packet
Qty_____



Simply Delicious Recipe Booklet
Qty_____



Reducing Fat in Ground Beef Tip Sheet Qty_____



Instant Read Thermometer
Qty_____ (5 per educator)



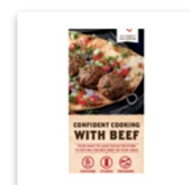
Beef for Breakfast
Qty_____



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 www.beefitswhatsfordinner.com www.beefresearch.org

Visit: Beef. It's What's For Dinner YouTube page

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

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