

6 WAYS TO SAVE ON BEEF



The Beef Checkoff, the leading authority on all things beef, shares expert tips on how to get the best deals on beef and keep your grill sizzling all year long.

1

CONSIDER THE PRICE PER SERVING



ONE BEEF SERVING

4 oz raw or
3 oz cooked

→ ~\$1

1 lb of
beef
(16 oz)

→ \$4.56

That works out to just about
\$1.15 per serving. That's a lot of
satisfying nutrients for your dollar.

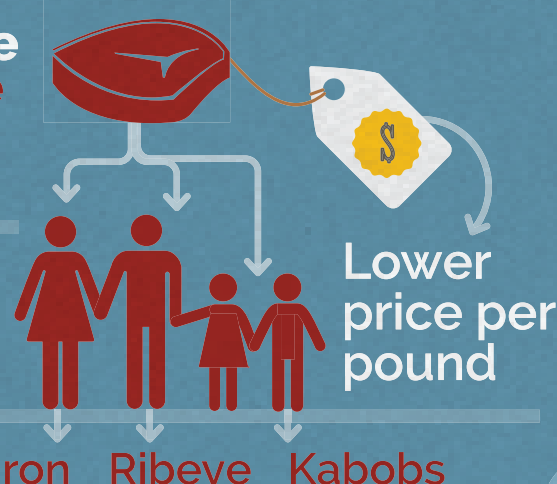
2

BUY FAMILY-SIZE PACKS/BUNDLES



Look in the meat case for family packs

Cuts for
all the
family!



Lower
price per
pound

Flat Iron Ribeye Kabobs

If you can't use it all for one meal, freeze it or use leftovers for sandwiches, salads or even stir-fry the next day.

3

GO SMALL

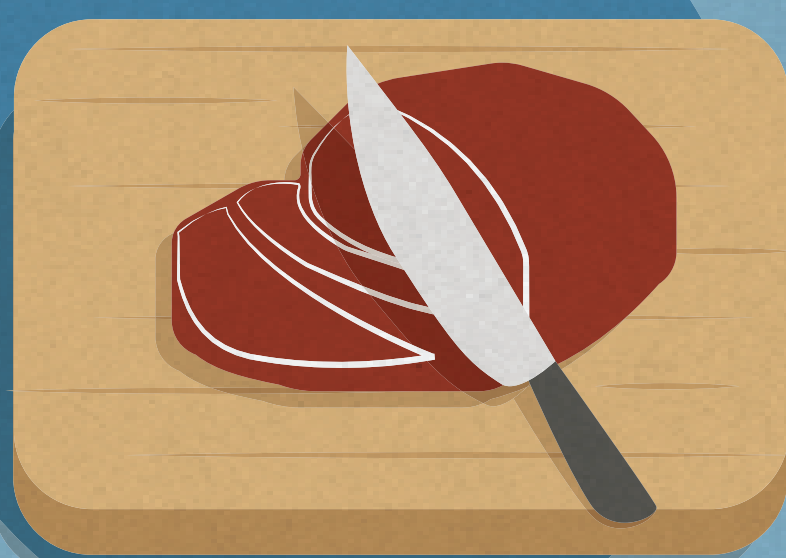


ONE SERVING

If you don't need a pound of beef, don't buy one. Instead, visit the meat case to find perfectly portioned steaks and roasts.

4

BUY LARGER CUTS & SLICE YOUR OWN



Buying larger cuts of beef and slicing them into steaks at home can save you at least a dollar or two per pound. Freeze individually or serve when entertaining a group.

5

HUNT FOR BARGAINS

Every week, your local grocers will offer specials on beef. Watch the weekly paper for coupons and deals. Don't get the newspaper? Check out the store's website, Facebook page or Twitter. When you find a good deal on your favorite cuts, buy enough to stock your freezer.



6

ASK FOR HELP



Talk to your friendly neighborhood butcher or meat counter clerk. Their job is to recommend the most appropriate cuts and tell you how to get the most out of them. You can also pull out your phone and visit www.BeefItsWhatsForDinner.com to research cuts, nutrition information and recipes.



Funded by the Beef Checkoff.

FOR MORE INFORMATION, COOKING TIPS AND RECIPES, PLEASE VISIT
BeefItsWhatsForDinner.com

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