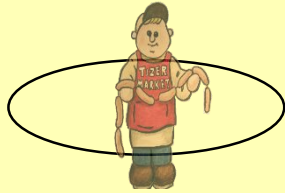


# TIZER MEAT'S MONTHLY NEWS LETTER

## MAY 2018



2508 York Rd  
Helena MT 59602

Hours:

Monday - Friday 9am to 6pm

Saturday - 10am to 2pm

Sunday - Closed

### Kill Floor Happenings



No status yet on our kill floor being approved for state inspection.

On May 23, 2018, we had one of the 4-H clubs, in Helena, toured our kill floor facility. All of the kids were very engaged and asked some great questions. It is great to see future generations learning and understanding the agriculture business as well as how meat is brought to the table.

### EMPLOYEE OF THE MONTH



(Savannah McGarry)

In the Month of May, Savannah McGarry is our employee in the lime light.

Savannah's one year anniversary will be June 21, 2018. She started working for us fresh out of college. She attended the University of Idaho with a degree in Business Agriculture. Hard working and dedicated Savannah's duties are varied. Duties include but are not limited to the following:

- Quality Assurance
- Inventory analysis
- Pricing
- Product Development

- Meat Cutting
- Wrapping
- Other Duties as assigned

Savannah has been able to stream line some of our processes and ensure that we are cost effective as well as competitive within the Helena area.

Not only does she work full time at Tizer Meats, she also has her own herd of cattle. She buys and sells the cattle each year.

Savannah is an avid horse woman and loves to team roping in her spare time.

### Meat Myth Buster:

#### Myth: Processed Meat Is Unhealthy And Should Be Avoided

##### **Fact:**

Processed meats come in many different formulations to meet a variety of nutrition needs — whether it's low fat, fat-free, lower sodium or even gluten-free products — and play a meaningful role in a moderate, balanced diet.

Processed meat certainly has been stigmatized in recent years, but it's important to remember that all meat must be processed before it is consumed. It can be processed in a plant, where it is cut, seasoned and cooked. Or consumers can buy meat fresh and take it home and process it in the kitchen. They may add salt, seasonings and spices. They may cut it, trim



June:

[\\$50 Camping Bundle – continues](#)

[Steak Bundle – continues](#)

[Father's Day - BBQ Bundle:](#)

- Baby back or Beef back ribs
- BBQ Sauce
- Steaks
- BBQ tongs or spatula
- Father's day apron

July:

[Camping Bundle – continues](#)

[Steak Bundle – continues](#)

[Hamburger & Hot Dog's:](#)

Buy three (3) packages of:

- Hamburger patties - free package of hamburger buns
- Dog's - free package of hotdog buns

[90/10 Hamburger Sale](#)

- 20 to 49 LB - \$4.29 per pound
- 50 LB+ - \$3.99 per pound

it and cook it. Meat processors do the same thing, except they do it under the watchful eye of federal inspectors, according to strict regulations and on a larger scale.

Sometimes the ingredients a processor might use — all of which must be included on the label — may have different names, but often they serve the same purpose. For example, a processed meat product like a meatball may have oat protein added to it, while at home, a consumer may add bread crumbs or oatmeal to hold the meatball together. But these ingredients are essentially the same.

### ***Dig deeper...***

While some studies have been widely reported alleging a link between processed meats and cancer, many others have found quite the opposite, yet they have received much less publicity. One of the largest studies ever done <sup>1</sup> in which data from 14 major studies was pooled found that there was no association between red and processed meat and cancer. Furthermore, a comprehensive, 2010 review of the evidence <sup>2</sup> on processed meat and colon cancer concluded that there was insufficient evidence to support a link between the two.

The best advice is to enjoy processed meats as part of a balanced diet.

Find more info at - <http://www.meatmythcrushers.com/>

## **Montana Meat Processing Association (MMPA) highlights**

What a great learning opportunity we had in Forsyth Montana this past April. We were able to take all of our staff except for Keli. She remained at the store keeping the lights on and business going. As always everyone had fun along with gaining more knowledge.

Each year, every plan involved with MMPA takes product from their store/plant to be graded and judged. Tizer Meats received the Reserved Grand Champion award for the Innovative Beef Product. This product was developed by Savannah (our employee of the month). Please see the Monthly recipe below, Apple Bottom Sandwich.

Stop in and see our 2018 award as well as awards from prior years!



Next?

- We are looking for your help: Please let us know how we can better serve you. Log into our web site and send an email with suggestions or stop in and let us know. We have a great form ready for your use.
- Developing August, September, October Specials.



## MONTHLY RECIPE

### Apple Bottom Sandwich

#### Ingredients

- Extra Sharp Cheddar Cheese
- Honey Crisp Apple
- Apple Butter
- Tizer Meats Pastrami
- Sour Dough Bread
- Butter

#### Directions:

Lightly spread apple butter on inside of both bread slices cover one side with extra sharp cheddar cheese layer with Honeycrisp apple slices, Tizer Meat's Pastrami and top with an extra layer of cheese. Throw butter slice in the skillet and grill until golden brown on both sides and cheese is melted.

Enjoy!!

