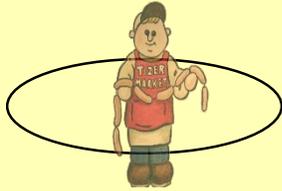


# TIZER MEAT'S QUARTLY NEWS LETTER

## THIRD QUARTER 2019



2508 York Rd  
Helena MT 59602  
406-422-4822

Hours:

Monday - Friday 9am to 6pm

Saturday - 10am to 2pm

Sunday - Closed

July 4<sup>th</sup> - Closed

### Kill Floor Happenings



We are slaughtering custom exempt animals at 3831 Wylie Drive. Please call to schedule an appointment.

2019 4-H Sales will be here soon. Our kill floor calendar will start feeling up so get on the schedule right away. Call 406-422-4822.

### Summer Time:



### HAPPY 4<sup>TH</sup> OF JULY

The fireworks stand is back. Stop in and pick your fireworks for your 4<sup>th</sup> of July celebration. While there, swing into the store and get your party food! From July 1<sup>st</sup> to 31<sup>st</sup>, buy two packages of any type of hot dogs or hamburger patties, and receive one free package of buns. Pickup other items as well...



2019 4-H Sales start in about a month. Sales that we have been involved with in the past are Lewis and Clark County, Tri-County, Broadwater County, and Jefferson County.

This year we are also going to be involved in the Hill County 4-H sale.

Good luck to all of the 4-H participants. May the sale and showing of your animal(s) be fun and profitable at the 2019 4H sale or sales you attend.



Planning any trips to the lake or camping? Let Tizer Meats help you. We have soft drinks, water, ice, hamburgers, dogs (i.e. Polish, German), large selection of bratwursts, and so much more.

Our camping bundle has more to offer this year. It feeds two people over a weekend and contains:

- Bacon/Sausage
- Steaks
- Lunch Meat
- Smoked Dogs
- Hamburger Patties
- Bun's and Bread
- S'mores
  - Chocolate bar
  - Gram crackers
  - Marshmallows'

A great purchase at \$50

Stop in and stock up!



Seems like school just got out for the summer. The summer breaks go faster each year. It is already time to plan for Stuff the Bus.

Tizer Meats has a box available to drop off school supplies for students heading back to school in the fall. Bring in your items and help us with this great event for our Helena school children.

## COUPONS



## The Facts about the Importance of Meat in Nutrition

Meat products belong to one of the six major food groups. Poultry, pork, red meat, game and fish all provide the body with essential nutrients, minerals and vitamins in order for it to remain healthy.

Recently, however, there has been public controversy concerning just how healthy eating meat on a daily basis really is, especially red meat.

It's argued the consumption of red meat directly links to heart disease and even cancer. Meanwhile, fears have grown about the amount of fat in all meats, particularly saturated fat.

So, what are the facts?



### Minerals

Meat has a very high mineral content including body essentials like **magnesium, zinc and iron.**

**Magnesium** is important for bone strength as it improves vitamin D synthesis as well as help decrease net acid production. It's thought the consumption of magnesium through diet could assist in preventing osteoporosis.

**Zinc** is vital for the body's immune system and is essential for muscle growth and repair.

Most importantly, **iron** helps to maintain energy levels as well as maximise oxygen transport throughout the body. If there isn't enough iron being consumed people run the risk of developing anaemia and fatigue. **Red meat** and **turkey** are particularly iron rich.

### Protein

Meat is an excellent source of protein, which is essential for any healthy diet. It helps build and repair muscle as well as help maintain healthy hair, bones, skin and blood.

Due to its High Biological Value (HBV), protein obtained from meat is easily digested and thus absorbed quickly and effectively by the body.

**Red meat, chicken** and **turkey** are extremely high in **protein.**



## Vitamins

Vitamins are vital in maintaining a healthy body. Meat is a particularly good source of vitamin E and B vitamins including B2, B6 and B12.

Vitamin E has very strong antioxidant properties and helps reduce damage caused by oxygen to cells thus allowing faster muscle repair and recovery.

B vitamins all work together to help convert food into energy but they also have individual uses. B2 is essential for the manufacture of red blood cells, which then transport the oxygen around the body. B6 is vital for protein synthesis and B12 is imperative for good nerve functions.

## Other Benefits

Minerals, protein and vitamins aside, meats, especially fish, provide the body with essential unsaturated fats like Omega-3 fatty acids.

Omega-3 can actually help reduce cholesterol levels, blood pressure and the risk of developing cardiovascular diseases.

## What To Watch Out For

Unfortunately, meat can be high in saturated fats. Lamb, pork, beef and duck are considered the worst culprits.

Too many sat fats can actually increase the risk of cardiovascular disease and high cholesterol.

However, when choosing which meat to buy, opt for lean cuts like roast joints, **skinless chicken breasts**, **turkey** and **extra lean steaks** and trim any excess fat before cooking.

In essence, meat should be consumed as part of a healthy diet particularly for athletes.

While the benefits of meat seem to outweigh the negatives, it's important to moderate the daily intake, as too much could potentially have harmful consequences.

According to the American Heart Association, the daily consumption of meat should be limited to 6oz.

<https://www.musclefood.com/meat-nutrition-facts>

## QUARTERLY RECIPE

### GRILLING AND CONDIMENT TIPS

We are in grilling season. This quarter let's take a look at grilling and condiment tips.

Always start with great meat!

Don't forget Tizer Hot Dogs and Bratwurst (i.e. Cheddar, Pizza Mozzarella, Mild or Spicy German, Spinach Feta Mozzarella, Chicken Blue Cheese, and so much more).

Want Hamburgers? Available are Tizer pre-made patties (i.e. Bacon Cheese Burger, Blue Cheese Burger, Bratwurst Burger), and as always great plain burgers.

Need a beef steaks or pork? We also have these on hand for you to select from.

#### Grilling Tips

1. **Select Your Source** - Charcoal and gas grills are both great. But either way, make sure you preheat that bad boy.
2. **Flat & Functional** - Flat & Functional: Burger patties get rounded tops as they cook. Make a little indent in the middle of your patties to keep them nice and flat and perfect for topping.
3. **Sticky Situation** - Food sticks to a dirty grill, so make sure your grate is glistening. If you're still stuck, brush on a little olive oil.
4. **High Heat, Better Meat:**
  - Get your grill roaring (about 500°F, or until charcoal is covered with a thin coat of ash). That'll give you the tasty sear and crisp grill marks everybody loves.
  - Any protein will stick to the hot surface as soon as it hits it. As meats cook, though, they will be released from the grates naturally so you can turn them over easily with a pair of tongs.
5. **Location, Location, Location** - When it comes to hot dogs, you can sweat them slowly around the outside of the grill, or char 'em up over direct flame. Whatever pleases the crowd
6. **Burn Control** - If you're using a small grill for a tailgate or campout, watch the temp. These puppies heat up quick!
7. **Skewer Smarter** - Stick meat or cut vegetables on two skewers instead of one (it'll look like a ladder) to prevent things from rolling around and cooking unevenly.

#### Condiment Tips

- ✓ **Chicago Dogs:** Dill pickle and cucumber spears, sliced tomatoes, sweet pickle relish, pickled peppers, diced onion and yellow mustard. Sprinkle with celery salt.
- ✓ **Sautéed mushrooms,**
- ✓ **Caramelized onions**
- ✓ **Tomato's with sea salt and chives**
- ✓ **Bacon**
- ✓ **Herbed horseradish Mayonnaise** - Stir together 1 cup mayonnaise, 1 tablespoon prepared horseradish, 1/4 cup freshly minced herbs such as parsley, basil, chives or scallion, 2 tablespoons olive oil, a little squeeze of lemon juice, and salt and pepper.

Check us out on Facebook and our website at [www.tizermeats.com](http://www.tizermeats.com)