



Have You Heard?

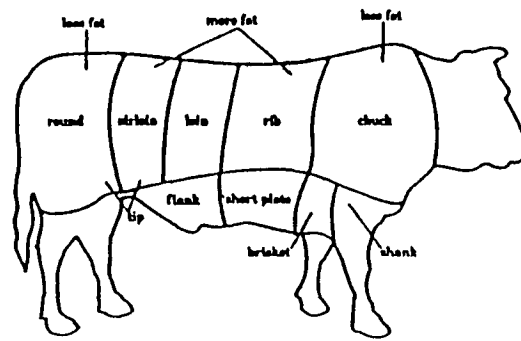
By Doris Thomas
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Many of you have converted to low-fat, low-cholesterol diets. However, it is not necessary to cut out red meat completely from your menus. In fact, red meat is very nutritious. Beef is an excellent source of high-quality protein, B vitamins (especially niacin, B₆ and B₁₂), iron and zinc. Eating three to four ounce servings of lean cuts of beef a couple of times a week can help you get these necessary nutrients and improve your nutritional status. By selecting lean cuts of beef and consuming only 3 to 4 ounce servings, you should not exceed the recommended 30% limit of calories

from fat.

The leanest cuts are the cuts that come from the muscles that get the most exercise. An animal's neck, shoulders, legs and belly muscles work harder than those muscles on the upper back. The leaner cuts also have more protein, vitamins and minerals and less fat. As a general rule, the closer to a hoof or the head, the leaner the meat. These leaner cuts of beef also tend to be less expensive than the more popular higher fat cuts. Meat labels identify which cut the steak or roast comes from.

The cuts of beef and where they are located as follows:



Another way to check fat content is by carefully checking the appearance of the meat. The fewer flecks of white or yellow marbling throughout the cut the leaner the cut. Marbling is fat that cannot be trimmed. You should always trim the excess fat from the outside of the cut and the seam fat before you cook the meat.

Leaner beef cuts need to be cooked properly to be enjoyed. Because leaner cuts come from the more exercised muscles they are not as tender as those cuts from the back of the animal. Marinating before cooking will tenderize lean meat. One of my favorite marinades is Italian salad dress-

ing. Marinades must include acid ingredients such as lemon juice, wine, vinegar, yogurt or tomato juice. You can also tenderize meat mechanically by pounding or scoring the meat. Cooking at lower temperatures with liquid (braising and stewing) will also help to soften the well exercised muscles.

Enjoy your red meat. Try to select the leaner cuts most of the time. If you are a prime rib or porterhouse steak lover, try to eat these high fat cuts in moderation. We are seeing leaner beef in the markets these days as the beef industry attempts to supply consumers with the leaner beef they are demanding.

Unique Living Gift Fair

Lititz (Lancaster Co.) — It's an annual problem: What gift does one buy for a person who already has most everything? Heifer Project International (HPI) has the solution.

The third annual Heifer Project International "Living Gift Fair" will be held October 27, from 9 a.m. to 2 p.m., at the Lititz Church of the Brethren. This unique event, sponsored by HPI and an ecumenical group of local volunteers, enables people to deal with two problems at once.

"The unique thing about the Living Gift Fair," says volunteer fair coordinator Dan Fitzkee, of Manheim, "is that you can buy gifts for loved ones and help a needy family at the same time."

Shoppers at the fair will be able to choose from a variety of HPI animals, ranging from the more traditional — cows, goats, pigs, sheep, and rabbits — to the more exotic — yaks, water buffalo, and honeybees.

Shoppers purchase animals or shares of animals in the name of a friend. The friend receives an attractive HPI gift card. A family in need receives the HPI animal that is purchased. Colorfully decorated tables provide information about how the HPI animals benefit poor families in the US and around the world.

In addition to animals, shoppers will also be able to choose from homemade baked goods, donated arts and crafts items, SERRV Self-Help Handcrafts from Third World countries, an antique quilt, and more.

Homemade soups and sandwiches will be on sale for lunch, and a Petting Zoo of live animals, like the ones HPI ships around the world, is sure to please children.

Heifer Project International is a 46-year-old, non-profit development agency that alleviates world hunger and poverty by giving poor families "living gifts" of animals and the training required to care for the animals. "You don't get an animal unless you have the facilities and know-how to care for it," Dan Fitzkee explains. "HPI provides training to make sure people know how to care for the animals properly."

But HPI does more than give handouts, says Dan. "A slogan of HPI," he says, "is that we give a 'hand up,' not a handout." All recipients of HPI animals are required to "pass on the gift" by giving the first offspring of their HPI animal to another carefully selected family in need. This creates a chain of giving that has transformed entire communities in the more than 35 countries assisted annually by HPI, he says.

Last year's Living Gift Fair raised about \$8,000 for HPI; enough to send either 400 rabbits, 67 goats, 16 heifer cows, or 80,000 fish to people in need.

Donations of arts and crafts and baked goods will be accepted up to the day of the fair. For more information, contact Dan Fitzkee at 665-5743.

The Lititz Church of the Brethren is located at 300 W. Orange St., in Lititz, directly across from Warwick High School.

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