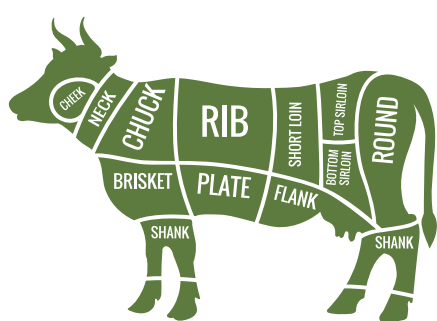


5 THINGS TO LOOK FOR WHEN SELECTING, BUYING MEAT

Are you shopping for quality proteins and want to make sure you are getting the best product? Take the guesswork out! Use this checklist to assist you on your next visit to a wholesale grocer.

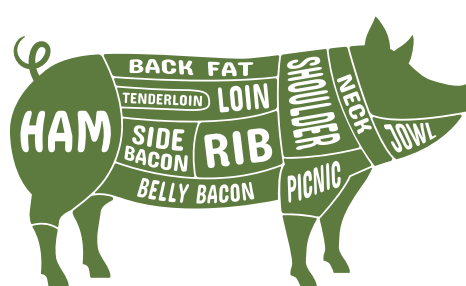
1. THE RIGHT CUT FOR THE RIGHT JOB

Meat cuts have their own recipe uses, cooking methods, and fat content. When purchasing meat, always make sure you are choosing the correct cut.



BEEF CUTS

- Brisket
- Chuck
- Flank
- Hanger
- Loin (Tenderloin, Sirloin, Strip)
- Ribeye
- Round
- Shank
- Short plate
- Skirt
- Tri-Tip

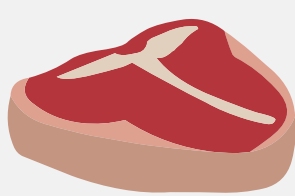


PORK CUTS

- Belly
- Butt
- Chops
- Roast (Blade, Sirloin, Picnic)
- Rib (Baby Back, Spare)
- Shoulder
- Tenderloin

2. HEALTHY COLOR

Color is an excellent indication of quality and freshness. Both pork and beef have individual signs pointing to freshness and flavor.



BEEF

- Deep red or purple pigments
- Notice any pale, gray, or green colors? That signifies spoilage or contamination.



PORK

- Light pink, but not pale
- Notice any pale, gray, or green colors? That signifies spoilage or contamination.

3. FIRM TEXTURE

- Meat should have tight fibers
- Firm to the touch
- Should be slightly moist not slimy, sticky, wet, or crusty
- Jagged cuts typically mean it wasn't correctly butchered



4. NEUTRAL SMELL

- Fresh meat will have a mild odor
- Shouldn't be overpowering or pungent
- The cut isn't consumable if your nose detects whiffs of off-scents, rotting flesh, or chemicals

5. PROPER PACKAGING AND HANDLING

- Thoroughly sealed
- Stored at the correct refrigeration temperature
- Has a sell-by date, USDA inspection stamps, cut type, and weight



SHOP QUALITY MEAT AT CHEF'SSTORE

Bring home quality meat from US Foods CHEF'SSTORE! We stock restaurant-quality products that home cooks can take advantage of, with no membership required.