



Family Moo News

Adopt-A-Cow: Beef Lesson 3 – Livestock Health

Beef Safety

The beef industry utilizes vaccines and antibiotics to prevent diseases and to treat animals if they happen to become sick. These products have undergone rigorous testing prior to approval for use within the industry. Many of these products have a 'withdrawal' date that refers to the length of time until that product and its residues are no longer present in meat and milk. These withdrawal dates are heavily enforced to ensure contaminated product does not make its way into the food supply. Producers also practice judicious use of vaccines and antibiotics, only use them when necessary and work closely with veterinarians to determine what prevention and treatment methods to use.



Safe Food Handling

Meat products undergo strict check points to ensure safety, but it is also the responsibility of the consumer to ensure safe handling once products are purchased. Here are some tips to safely handle beef products from the grocery store to your home.

1. Temperature Danger Zone
 - a. Bacteria thrive in temperature between 40 and 140 degrees Fahrenheit. Keep beef in a refrigerator (that is less than 40 degrees Fahrenheit) or freezer for as long as possible prior to cooking.
2. Proper Handling
 - a. Keep raw beef separate from ready-to-eat products (fruit and vegetables as an example). Utilize proper thawing procedures and do not thaw meat on the counter at room temperature. You can use cold water, refrigerator, or microwave for safe defrosting. If you choose to use the microwave or cold water to thaw frozen meat, you must cook the product immediately after thawing as it was exposed to temperatures above 40 degrees.
3. Avoid Cross Contamination
 - a. When cooking, try to utilize cutting boards for one type of food. For example, one cutting board for fruits and vegetables, one for raw meat, and one for cooked meat. This will help avoid contaminating ready to eat foods with bacteria from raw meat. Also be sure to clean any surfaces that came into contact with raw meat before handling ready to eat foods.
4. Proper Cooking Temperatures
 - a. Use a meat thermometer to ensure you have cooked beef products to the correct internal temperature.

Kids Can Cook Recipe: Pizza Casserole

Recipe from: Victoria Hoffman, Sanborn County
2024 4-H Special Foods Contest

Ingredients

- 12 cups uncooked rotini pasta
- 2 lbs. ground beef
- ½ cup dried onion
- 1 can (15oz) pizza sauce
- 1 can (6oz) tomato paste
- 1 can (15oz) tomato sauce
- ½ teaspoon garlic salt
- ½ teaspoon dried oregano leaves
- 2 cups shredded mozzarella cheese
- 15 slices pepperoni

Directions

1. Preheat oven to 350°F
2. Cook rotini according to package directions and set aside.
3. Brown ground beef and onion in skillet over medium heat.
4. Add rotini, pizza sauce, tomato sauce, tomato paste, garlic salt, and oregano.
5. Place half of mixture in casserole dish, top with 1 cup cheese. Repeat layers and arrange pepperoni on top.
6. Bake 25-30 minutes or until internal temp of 165°F.

Ask me what I did today!

Did you know?

Ranchers care for their animals ensuring they have all their necessities (food, water, and shelter). To ensure animal health they provide vaccines to protect them from illnesses and antibiotics to treat infections.



Today we ...

Learned about how ranchers and veterinarians care for cattle.



Today we ...

Created ear tags to identify our individual calves.



Beef Fun Facts

- The average cow sleeps 4 hours per day.
- Like humans, cows have 32 teeth. Most of their teeth are on the lower jaw. Because of this, cows do not bite grass but curl their tongue around it.

