

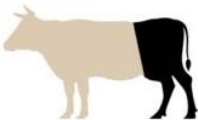
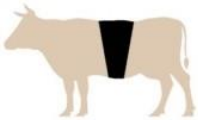








Buying a Cow

A GUIDE TO PURCHASING QUALITY BEEF
IN BULK DIRECT FROM RANCHERS

Full Cow POUNDS	½ Cow POUNDS	¼ Cow POUNDS	1/8 Cow POUNDS	1/16 Cow POUNDS
320-400	160-200	80-100	40-50	20-25
				
MEALS	MEALS	MEALS	MEALS	MEALS
210-270 (family of 4 or 5)	105-135 (family of 4 or 5)	50-70 (family of 4 or 5)	24-36 (family of 4 or 5)	12-18 (family of 4 or 5)
				
WEEK SUPPLY	WEEK SUPPLY	WEEK SUPPLY	WEEK SUPPLY	WEEK SUPPLY
70-90 (eating beef on average 3 times per week)	35-45 (eating beef on average 3 times per week)	15-25 (eating beef on average 3 times per week)	8-12 (eating beef on average 3 times per week)	4-6 (eating beef on average 3 times per week)
FREEZER SPACE	FREEZER SPACE	FREEZER SPACE	FREEZER SPACE	FREEZER SPACE
22-24 CUBIC FEET	10-12 CUBIC FEET	6-8 CUBIC FEET	3-5 CUBIC FEET	1-3 CUBIC FEET
