



# Deer Meat Fact Sheet

## Nutrition Information

In Europe during the Middle Ages venison (deer meat) was the food of kings—rarely enjoyed by the common people! Venison is a highly nutritious alternative to other red meats. The meat is high in protein, low in fat, and generally free of added chemicals, hormones, etc. that can be found in other types of meat such as beef or pork.



<u>3.5 Ounce Serving</u>	<u>Fat</u>	<u>Protein</u>	<u>Calories</u>
Beef	6.5%	22%	180
Venison	1.4%	23.7%	149

## Storage and Preparation Guidelines

Venison is similar in texture to beef and can be prepared in a similar fashion. However, being lower in fat than beef, special care should be taken to keep the meat from drying out too much when cooked. With this in mind, venison can be substituted for beef in just about any recipe or preparation. Ground venison works particularly well in place of beef for spaghetti, lasagna, tacos, and Sloppy Joes, Venison roasts and steaks can be prepared just like beef roasts and steaks. As with any meat product, careful storage and cooking guidelines must be followed.

### \*Storage:

- Store frozen meat at temperatures of 30°F or less.
- Protect frozen meat from contamination.

### \*Cooking and Serving:

- Thaw meat in a refrigerator or as part of the cooking process.
- Cook all parts to an internal temperature of 165°F for 15 seconds.
- Keep cooked meat at an internal temperature of 140°F prior to service
- Avoid cooling and reheating.



## Meat from Game Animals Cannot be Sold

The sale of any part of a wild game animal—including the meat—is against federal law. Food banks and feeding agencies may not sell this meat to other agencies or to the public. “Shared Maintenance Fees” (flat per-pound fees for all food items) charged by food banks to help cover their services including pick-up, transportation, storage and distribution of food items are OK since the payment is for a service, not for the meat.

## Can Venison be USDA Inspected?



While meat from game animals cannot be USDA inspected, it is a safe, wholesome food item when processed, stored and prepared properly (just like any other meat). The Food and Drug Administration recommends that game animals used to feed the hungry should be processed and packaged by a facility that is either USDA, or state/local health department inspected\*. America's Second Harvest—the largest food bank network in the nation—requires that all game meat used by their member agencies be

processed by facilities that are inspected. Meat processors participating with Farmers and Hunters Feeding the Hungry meet these inspection requirements.

## Thank-You Letters To Hunters

Boxes of venison from Farmers and Hunters Feeding the Hungry should include a tag indicating the name and address of the hunter who harvested and donated the deer. Some food banks and feeding agencies and ministries use this information to provide thank-you letters to the hunters who donate as well as invitations to help serve at the food bank, soup kitchen or pantry. These have been well received by the hunters.



## About Farmers and Hunters Feeding the Hungry

Farmers and Hunters Feeding the Hungry is a non-profit, 501(c)(3) organization. Our mission is to help hunters return to their heritage as food providers by transforming deer—a God-



given renewable resource—into food for the hungry among us. Farmers and Hunters Feeding the Hungry began in 1997 in Washington County, MD and has now grown to include nearly 100 Chapters in over 25 states. We deeply appreciate and thank the hunters, meat processors, food banks and feeding agencies, as well as the individuals, churches, businesses, clubs, organizations foundations and other sources that provide the money for Farmers and Hunters Feeding the Hungry to operate!



Farmers and Hunters Feeding the Hungry operates in cooperation with state wildlife departments, sportsmen's associations, farm bureaus and food banks.



\*Information about meat processing, storage, and preparation is taken from the *Comprehensive Guidelines for Food Recovery Programs* developed by the Food and Drug Administration in the year 2000.