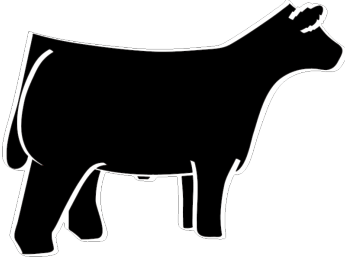


# When Is A Steak More Than A Steak?

Let's take a look at a 1200 lb. market ready steer:



**Average dressing percent for cattle: 62%**  
**1200 lbs. x 62% = 744 lbs. carcass**  
**Average loss from cutting and trimming: 25%**  
**744 lbs. x 25% = 558 lbs. of meat**

**Of that 558 lbs of meat, approximately 345 lbs. will be in steaks and roasts, and 213 lbs. will be in stew meat and ground beef**

## Grocery Store Prices for Steaks and Roasts\*:

- Top Sirloin Steak - \$10.00/lb
- NY Strip Steak - \$12.00/lb
- Ribeye Steak - \$13.00/lb
- T-Bone Steak - \$11.00/lb
- Sirloin Tip Steak - \$6.00/lb
- Round Steak - \$6.50/lb
- Chuck Roast - \$6.00/lb
- Round Roast (avg. of Eye, Top and Bottom Round) - \$6.00/lb
- Rump Roast - \$5.30/lb

**Average Price for Steaks/Roasts: \$8.42/lb**

## Grocery Store Prices for Stew Beef and Ground Beef\*:

- Stew Beef - \$6.00/lb
- Ground Beef - \$6.50/lb

**Average Price for Stew Beef/Ground Beef: \$6.25/lb**

Total Cost of Steaks and Roasts: 345 lbs. x \$8.42/lb = \$2,904.90

Total Cost of Stew Beef and Ground Beef: 213 lbs. x \$6.25/lb = \$1,331.25

**Total Cost of Meat from One Steer at Grocery Store: \$4,236.15**

**If you purchased that same 1200 lb. steer at a 4-H/FFA Livestock Show and Sale:**

Cost to purchase steer: 1200 lbs. x \$3.00 = \$3,600

Cost to have the steer processed: \$500.00 (approximately)

**Total Cost of Meat from One Steer Through 4-H/FFA Livestock Sale: \$4,100.00**

## Value of A 4-H/FFA Raised Steer

- ✓ Save money compared to grocery store prices
- ✓ Buy locally
- ✓ Know where and how your food was raised
- ✓ Support local businesses (butcher)
- ✓ Support 4-H/FFA - the program and the student who raised the steer
- ✓ Enough beef to share with family/friends - you can purchase as a group!
- ✓ **Help a local 4-H and/or FFA student to accomplish their goals - saving for college, investing in more livestock for their own operation, paying for the cost of raising the livestock project and learning about financial management and the value of hard work!**

**Buying from 4-H/FFA gives you so much more than a steak!  
(or a lamb chop or a ham)**