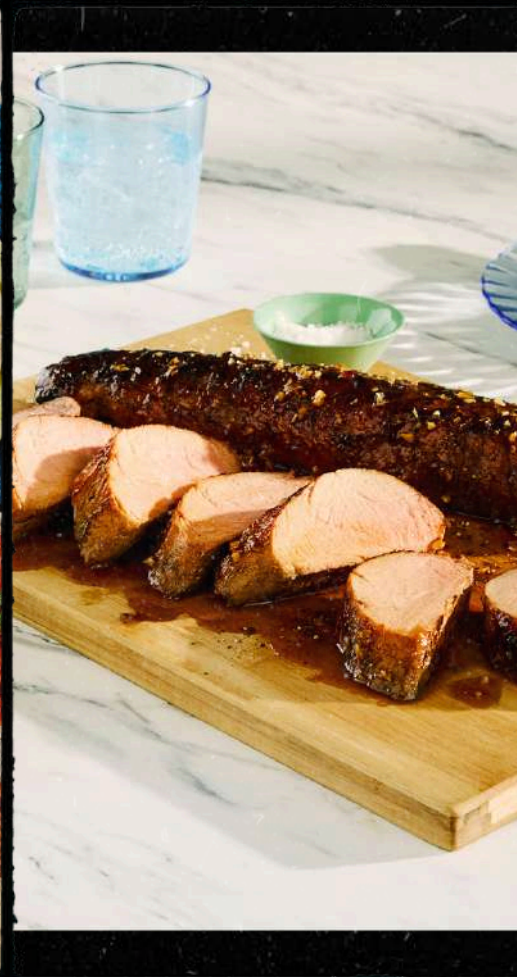


PORK FOODSERVICE GUIDE



**TASTE WHAT
PORK CAN DO.™**

Purpose

The Pork Foodservice Guide aids foodservice professionals in understanding the role that pork can play in nutrition, taste/flavor, versatility, and sustainability and how to incorporate it into your kitchens.

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Additional Resources

Be sure to check out the collection of specialized playbooks that complement this guide and provide technical information on topics that matter to you such as crediting, sustainability, and sourcing local pork.

Acknowledgements

Brought to you by America's pork producers on behalf of the Pork Checkoff and the Wisconsin Pork Association.



Benefits of Pork

Pork has many beneficial qualities that make it easy to incorporate into a balanced menu. The variety of options range from decadent and flavorful to lean and nutrient-rich cuts that are affordable, easy to make, versatile, and enjoyable to people of all ages.

Did you know... Pork is the world's most popular protein!¹ It's not surprising considering all it has to offer!



Nutritious

Pork is a nutritional powerhouse containing several healthy vitamins and minerals that are essential to bodily functions and growth.



Versatile

Pork can be used in a variety of dishes and pairs great with fruits, vegetables, grains, & more!



Affordable

Pork can fit into a nutritious diet at a lower cost.³



Sustainable

Pork uses 75% less land, 25% less water, 7% less energy, & 8% fewer carbon emissions compared to 50 years ago.²



Delicious

Regardless of the cut or dish, pork provides the positive eating experience that you expect each and every time.



Flavorful

Pork has over 110+ flavor taste experiences and lean pork fat has the most intense, umami flavor compared to other proteins.⁴



SOURCES

1. OECD-FAO Agricultural Outlook. Meat consumption. Accessed October 15, 2021. <https://data.oecd.org/agroutput/meat-consumption.htm>

2. Retrospective Assessment of U.S. Pork Production: 1960 to 2015, Univ. of Arkansas, National Pork Board, 2018.

3. Poinsett et al., 2023

4. Comprehensive Sensory and Flavor Nuances of Pork Protein and Fat, Lisbeth Ankersen, M.Sc., InnovaConsult ApS, February 14, 2024.

Nutrition

Pork: The Ultimate Carrier Food

Pork is a carrier food, meaning that it may help people eat more under-consumed nutrients like iron and fiber, and food groups like vegetables, legumes, and whole grains.¹ Researchers think that because pork is a carrier food, over 2.5 million children and over 5.7 million adults meet potassium recommendations in their diet every day.²



Certified Heart-Healthy

The pork tenderloin, sirloin pork chop, and sirloin pork roast meet the criteria for the American Heart Association Heart Checkmark, which means they contain less than 5 grams of fat, 2 grams or less of saturated fat, and 480 milligrams or less of sodium per label serving.³

Lean

Eight cuts of pork meet the USDA guidelines for “lean,” and pork tenderloin is as lean as a skinless chicken breast.



Nutrient Dense

Pork is an excellent source of vitamins and minerals!⁴ Protein, Thiamin, Zinc, Selenium, Niacin, Riboflavin, Vitamin B6 and B12...you name it! See the next page for a full listing!

Weight Management

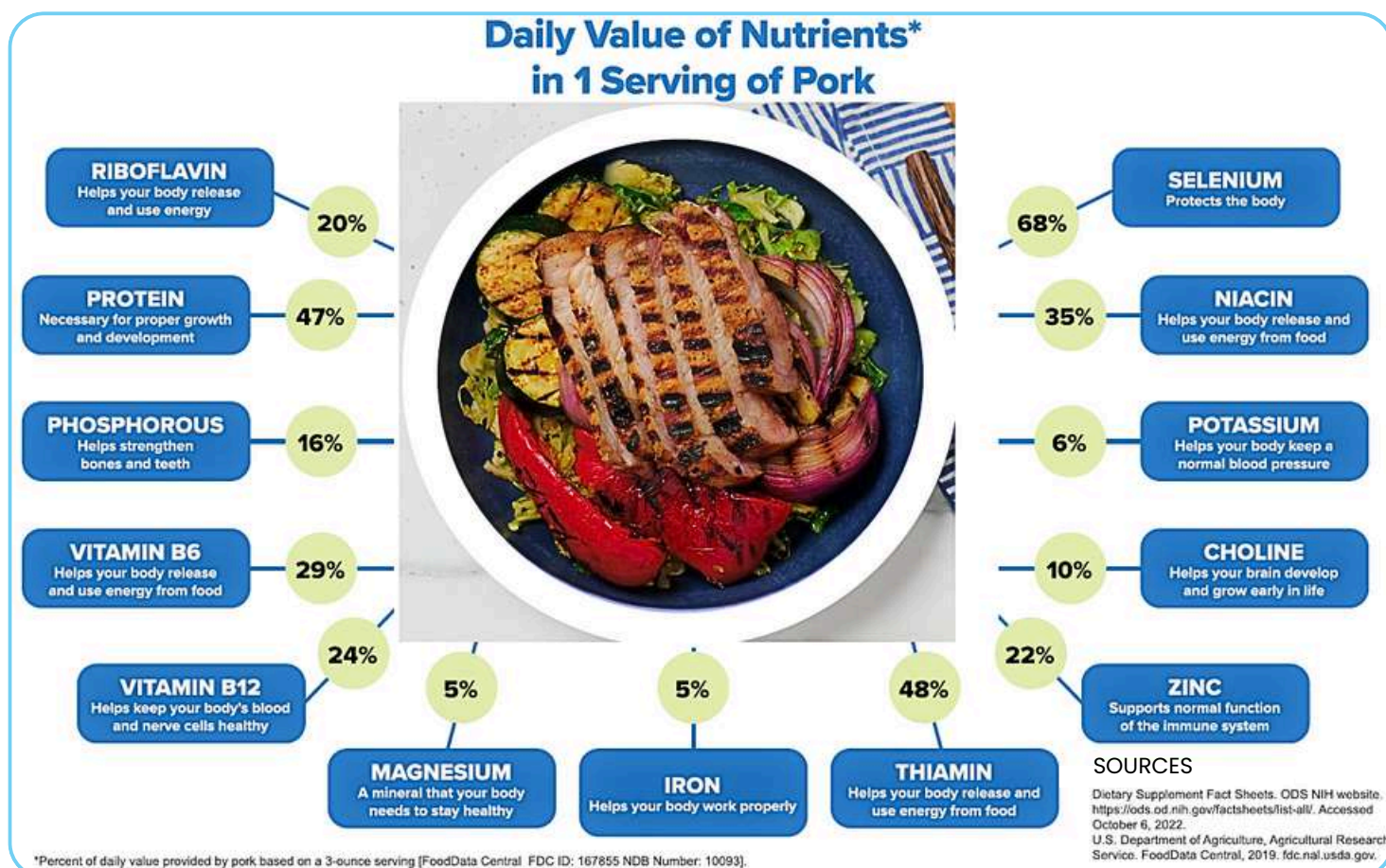
Pork preserves lean muscle which helps maintain weight management. Also, consuming protein may make you feel fuller for longer which can prevent overeating habits.⁵

SOURCES

1. Agarwal S, Fulgoni VL III. Association of pork (all pork, fresh pork and processed pork) consumption with nutrient intakes and adequacy in US children (age 2–18 years) and adults (age 19+ years): NHANES 2011–2018 analysis. *Nutrients*. 2023;15(10):2293.
2. Regarding Agarwal et al., 2023, this is an observational study and is therefore unable to be used to determine cause and effect. The information is based on self-reported diet habits over a single point in time. Adult consumers of pork tended to be male and older, and carry other traits such as less likelihood of being normal weight, having education above High School or engage in vigorous activity. Pork consumers tended to also have higher intakes of sodium, which is a nutrient of public health concern to limit. The results from this study need to be confirmed in clinical research settings.
3. National Nutrient Database for Standard Reference, Release 23. Based on 3-ounce cooked servings (roasted or broiled), visible fat trimmed after cooking
4. U.S. Department of Agriculture, FoodData Central, 2019. Based on 3-ounce serving cooked pork. NDB# 10093. "Excellent" source: 20% or more of Daily Value; "Good" source: 10–19% of Daily Value.
5. I Kim, J. E., O'Connor, L. E., Sands, L. P., Slebodnik, M. B., & Campbell, W. W. (2016). Effects of dietary protein intake on body composition changes after weight loss in older adults: a systematic review and meta-analysis. *Nutrition Reviews*, 74(3), 210–224. Heart-Check certification does not apply to research on weight loss.

Daily Values of Pork

DV refers to Daily Value, the amount of a nutrient needed for a healthy adult on a 2,000-calorie diet. The %DV is the percent of a nutrient's Daily Value provided by a serving of food. For example, if a food has 50% of the DV for protein, then it provides 50% of the protein an adult needs each day. Even if your diet is higher or lower in calories, you can still use the DV as a guide to whether a food is high or low in a specific nutrient.



Pork Contributes Much-Needed Nutrients to the American Diet

Among consumers, fresh lean pork accounts for:

23%

of total protein intake

25%

or more of intakes of
selenium & thiamin

11%

of caloric intake

10%

or more of phosphorous,
potassium & zinc intake

10%

or more of
vitamin B6 &
B12 intake

10%

or more of riboflavin &
niacin intake

SOURCES

1. Nutrition Research. 2011;31:776-783. Health Behavior and Policy Review. 2019;6(6):570-581.

Meat Nutrient Comparison

Nutrition

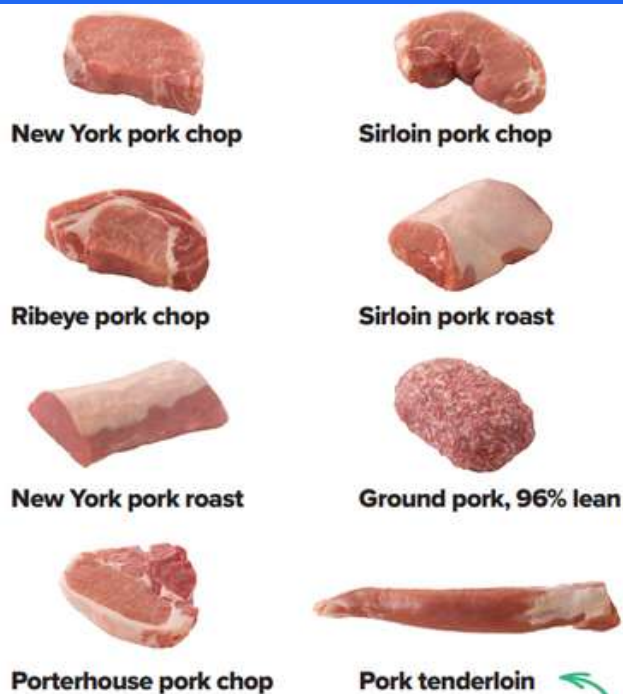
Portion	Cooked Meat / Plant-Based Meat					
	96% Lean Ground Pork	Ground Chicken	93% Ground Turkey	95% Lean Ground Beef	Ground Lamb	Impossible Ground Beef
	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	3 oz. (85 grams)	4oz (100 grams)*
Energy (kcal)	159	161	181	164	241	204
Protein (g)	26	19.8	23	24.8	21.1	16.8
Total Fat (g)	6.08	9.26	9.86	6.44	16.7	11.5
Sat. Fat (g)	1.66	2.64	2.52	2.8	6.9	5.31
Mono. Unsat. Fat (g)	2.3	4.15	3.32	2.56	7.07	No data
Cholesterol (mg)	66.3	91	88.4	75.6	82.4	0
Calcium (mg)	16.2	6.8	26.4	7.65	18.7	159
Iron (mg)	0.892	0.79	1.33	2.74	1.52	3.72
Magnesium (mg)	23	23.8	24.6	23.8	20.4	No data
Phosphorus (mg)	222	199	220	224	171	133
Potassium (mg)	364	575	258	390	288	619
Sodium (mg)	71.4	63.8	76.5	72.2	68.8	327
Zinc (mg)	2.18	1.63	3.2	6	3.97	6.64
Selenium (mcg)	39.7	12.2	24.1	18.4	23.5	No data
Thiamin (mg)	0.425	0.103	0.075	0.036	0.085	1
Riboflavin (mg)	0.411	0.257	0.223	0.162	0.212	0.226
Niacin (mg)	9.35	6.04	6.88	6.2	5.7	1.6
Vit. B6 (mg)	0.609	0.457	0.422	0.364	0.119	0.354
Choline (mg)	84.5	50.2	66.9	80.6	79.4	No data
Vit. D (IU)	5.95	No data	6.8	1.7	1.7	0

SOURCES

All data pulled from USDA FoodData Central

* Impossible products only have data available for 100g (4oz) portions

Choose Lean Cuts



Pork tenderloin is one of the leanest, most tender cuts of pork.

Practice Portion Control

The average serving size of pork is 3 oz of boneless cooked meat (4 oz raw) – about the size of a deck of cards.



Protein Powerhouse & Less Fat

One 3-ounce serving of pork sirloin or pork tenderloin has **23g** of protein!¹

Plus, compared to 30 years ago, today's pork has **16% less fat & 27% less saturated fat.**²

SOURCES

1. U.S. Department of Agriculture, FoodData Central, 2019. NDB# 10093

2. National Pork Board. USDA Nutrient Data Set for Fresh Pork (Derived from SR), Release 1.1. <https://www.ars.usda.gov/ARSUserFiles/80400525/Data/Pork/Pork1-1.pdf>

Why Pork in Foodservice?



As a foodservice professional, we understand the significance of providing nutritional, delicious, and affordable meals to the children and adults you serve. We also understand the difficulty it can sometimes be to meet all the requirements and yet keep those people happy and fulfilled. Pork is a great option that checks all of the boxes. Not only is it flavorful and affordable, but it can fulfill nutrition gaps for all consumer age categories and is super versatile which stretches dollars further.

Aside from that, you can feel good about what you are purchasing and preparing. Pork is a safe and sustainable protein and pig farmers continuously work toward improving the practices they implement on their farm to ensure the utmost health for pigs, our planet, and people.

Daycares
& K-12
Schools

Post-
Secondary
Education

Healthcare

Restaurants



Research Backed by Science

Research is at the heart of the National Pork Board's (NPB) mission, including our targeted goal of elevating the role that pork plays in human nutrition. In the past several decades, we have worked to zero-in on nutrition-related effects for pork consumers across various life stages. Pork producers have responded to consumer needs and for the pork agricultural industry as we aim to support the health of people and the planet.

We have compiled over 60 NPB-supported nutrition research studies across 22 years, inclusive of the foundational research we continue to build on, research categories we are investigating and topline findings for each study.¹

SOURCES

¹. Visit the human nutrition research category on porkcheckoff.org for a full digital compendium of National Pork Board funded studies.



Daycares

We understand the important role you play in helping young children transition to table food and/or develop healthy eating habits as daycare providers and foodservice professionals. We also understand that it can, at times, be challenging to find foods that kids will eat that are nutritious, affordable, and tasty. Pork is here to help!

When baby's first bite includes pork, their growth and development flourishes. Pork is the perfect protein to help new parents and parents of young children make every bite count. The first 1,000 days of an infant's life can set the stage for a lifetime of good health¹. That's because, within the first 1,000 days of life, a baby's brain begins to grow and develop with the help of specific vitamins and minerals. These include protein, zinc, iron, choline, folate, iodine, vitamins A, D, B6 and B12 and long-chain polyunsaturated fatty acids.²

Pork is a perfect food to help infants transition from breastfeeding or formula feeding to solid foods, and it could help young children try new foods at meals such as fruits, vegetables or beans. If children struggle with fruits, vegetables, beans or other produce items that may be refused, pair it with pork to bring on the flavor during meals! It's a protein staple for kids of all ages.

Helpful Hints

Babies who can grasp food with their fingers (~9 to 12 months) can be served pulled pork on their highchair tray.

Cut meat into small pieces no larger than the size of a dime for baby to grasp with their palm for baby-led weaning.

Ground pork can be shaped into meatballs or shapes that an infant (~6 to 8 months old) can grasp.

Meat should be tender enough to easily mash between your thumb and forefinger. Add more broth or milk to soften meat.

Babies who are ~ 9 to 12 months can use their fingers or try using a spoon to eat small pieces of ground pork crumbles.

Introduce new foods with current favorites – this may help acceptance.

SOURCES

1. Your Baby's First 1,000 Days: AAP Policy Explained. American Academy of Pediatrics website. <https://www.healthychildren.org/English/ages-stages/baby/Pages/Babys-First-1000-Days-AAP-Policy-Explained.aspx>. Accessed August 13, 2024.
2. Schwarzenberg SJ, Georgieff MK; COMMITTEE ON NUTRITION. *Advocacy for improving nutrition in the first 1000 days to support childhood development and adult health*. Pediatrics. 2018;141(2):e20173716.
3. Scaglione, S et al. Factors Influencing Children's Eating Behaviours. Nutrients 2018.



Tactile Ways to Encourage Eating with Children

Why Pork in Foodservice?

Kids can react strongly to the foods they are offered – healthy or not! They may push them away, refuse to open their mouth, shake their head, or more. What is a parent or caregiver to do? With a few child-feeding tips and advice on how to set a positive tone for balanced, healthy eating, anyone can be a child-feeding pro!



Talk to Children About Their Food

During mealtimes, consider talking to children about what is on their plate to get them engaged and excited about what they're eating.

"This pork looks juicy, feels soft, and is warm!"

2



"The tortilla is soft. What colors do you see in it?"

"This avocado is green, sounds squishy, and feels smooth."

"The vegetables are different colors. Which ones do you see?"

Refusing Food? Try These Phrases:

"Good job trying a new food!"

"Wow! Did you notice everybody likes different foods on their plate?"

"What vegetable would you like to eat tomorrow?"

"We can try this fruit together again another time."

"Next time, would you like to try your potatoes soft and smooth like mashed potatoes instead of roasted in pieces?"

"When you are ready, you can give it a try."

Did you know?

After tasting a food for the first time, it can take 30 exposures in total before your child enjoys the food so don't give up!



SOURCES

1. *Scaglione, S et al. Factors Influencing Children's Eating Behaviours. Nutrients 2018.

K-12 Schools

As a foodservice director or dietitian we know that you have a challenging job. You must align your menus with the Dietary Guidelines for Americans and in doing so, you must choose foods that are high in nutrient density, low energy density and low sodium. Not to mention deliver the taste that kids expect while sticking to budget! You're a superhero!

Fortunately, pork fits all of the above criteria, providing necessary nutrients in relatively fewer calories while being naturally low in sodium, delicious, and affordable!

School-age years, especially adolescence, are a pivotal time for proper nutrition to support healthy growth. However, nutrient deficiencies are alarmingly common during this life stage. Many children fall short on consuming essential nutrients that support learning, activity, and development. These nutrients include high-quality protein, iron, zinc, choline, and vitamins B6 and B12. The good news is that all of them are available in pork! School meal programs can provide nearly two-thirds of daily calories for kids, and therefore they play an influential role in the development of a healthy dietary pattern.



Why Pork in Foodservice?

Helpful Hints

Consider using pork as an ingredient rather than center of the plate to keep younger people enticed and interested.

Kids tend to accept and eat foods on trend that are influenced by peers, media, and social media.

Give students at least 30 minutes of "seat time" at lunch. This is linked to more consumption of healthy foods and less waste.¹

Young people tend to be culinary adventurers. Try to incorporate recipes from across many cultural cuisines.



Recipes



Checkout the *School Food Rocks Pork on the Plate Recipe Book*. All recipes meet USDA crediting requirements and were developed by a foodservice chef who spent years in the school foodservice industry.

SOURCES

1. Bergman EA, Buergel NS, Englund TF, Femrite A. The relationship between the length of the lunch period and nutrient consumption in the elementary school lunch setting. *J Child Nutr Manage*. 2004;28(2):1-11.

Post-Secondary Education

As a foodservice director or dietician, you play a key role in planning and delivering delicious food to a diverse audience while making sure it is culturally relevant, convenient, and versatile. The good news? Pork's got your back!

Pork is a remarkably versatile and flavorful protein, making it a favorite in kitchens around the world. Its ability to absorb and complement a wide range of seasonings, along with its rich, satisfying taste, allows pork to be transformed into a culinary delight through various cooking techniques. Having a versatile protein such as pork is a must when trying to accommodate a diverse group of diners.

The culinary world is filled with endless opportunities to experiment with and enjoy pork, allowing for creativity and innovation in the kitchen. Whether you stick to traditional methods or explore new techniques, the potential for delicious pork dishes is endless. Wow the students and staff with fun, flavorful recipes that will have them begging for more!

Helpful Hints

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Recipes

Checkout the *School Food Rocks Pork on the Plate Recipe Book* or visit

tastewhatporkcando.com



SOURCES

1. Bergman EA, Buerge NS, Englund TF, Femrite A. The relationship between the length of the lunch period and nutrient consumption in the elementary school lunch setting. *J Child Nutr Manage*. 2004;28(2):1-11.

Healthcare

Healthcare professionals are often times the first point of contact for nutrition advice and therefore, play a significant role in helping to shape their patients' eating habits regardless of age.

Many people will end up spending time in a hospital or extended care facility at some point in their life, so, it's essential that foodservice professionals at these facilities offer nutritious, delicious, affordable meal options to their patients to assist with recovery and overall health maintenance. Pork is a great option!

Aging Americans

This population faces inevitable increases in functional limitations, disability and frailty. To maintain muscle mass and function into older age, whole-food, high-quality sources of protein should be prioritized.¹ However, older adults are not eating enough high-quality protein to meet daily needs and are especially vulnerable to protein deficits during periods of inactivity, such as hospitalization or muscle disuse.¹⁻⁷

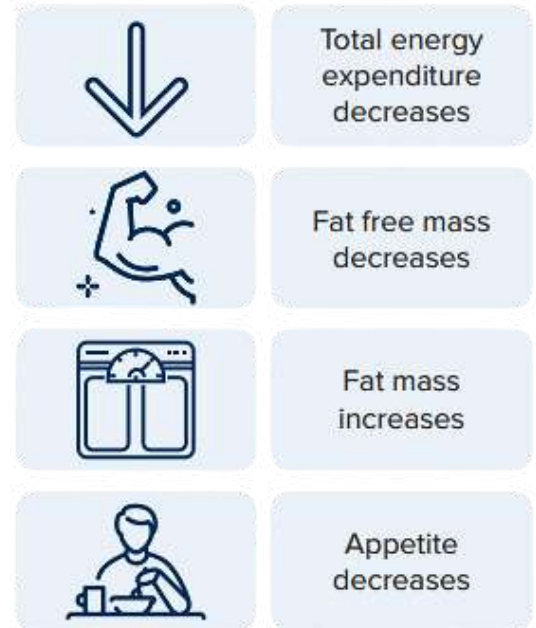
High-quality (animal) protein is positively associated with physical function and recovery of muscle strength during inactivity.¹⁻²

Helpful Hints

Help older patients establish a dietary pattern that includes a moderate amount of high-quality protein (~25 grams or more) as a carrier food at each meal.⁶

Consider preparing pork dishes that are culturally relevant to older patients to give them a sense of familiarity and trust.

Try various pork cuts and cooking methods in different textures to support aging populations. (e.g. ground, baked, air fryer, stir fry)



SOURCES

1. ASPE, aspe.hhs.gov/reports/what-lifetime-risk-needing-receiving-long-term-services-supports-0.
2. Ulger Z, et al. Comprehensive assessment of malnutrition risk and related factors in a large group of community-dwelling older adults. *Clin Nutr.* 2010;29(4):507-11.
3. Putra C, et al. Protein source and muscle health in older adults: A literature review. *Nutrients.* 2021;13(3):743.
4. National Association of Area Agencies on Aging. Aging Ahead website. <https://www.agingahead.org/who-we-are/our-agency/>. Accessed May 29, 2024.
5. Beal T, et al. Friend or foe? The role of animal-source foods in healthy and environmentally sustainable diets. *J Nutr.* 2023;153(2):409-425.
6. Moughan PJ, Fulgoni VL 3rd, Wolfe RR. The importance of dietary protein quality in mid- to high-income countries. *J Nutr.* 2024;154(3):804-814.
7. Arentson-Lantz EJ, et al. Countering disuse atrophy in older adults with low-volume leucine supplementation. *J Appl Physiol.* 2020;128(4):967-977.
8. Katsanos CS, Kobayashi H, Sheffield-Moore M, Aarsland A, Wolfe RR. Aging is associated with diminished accretion of muscle proteins after the ingestion of a small bolus of essential amino acids. *Am J Clin Nutr.* 2005;82(5):1065-73.

Restaurants

Foodservice professionals in the restaurant industry are often times leaders in introducing unique cuisines that are both delicious and culturally relevant. As a chef in the restaurant industry, you have a really exciting yet difficult role. On the plus side you have more freedom when determining what items to put on the menu and can be as creative as you'd like. On the other hand, you must deliver consistent, tasty, delicious meals that are familiar yet unique, and culturally satisfying for several different groups and ages. You're basically a superhero!

Pork is a great option if you are looking for something that is cost-effective, versatile, and flavorful. Not to mention pork is a sustainable protein that is environmentally friendly, so you can feel good about what you are purchasing and serving. Whether you're whipping up breakfast, lunch, dinner, appetizers, or dessert, pork should be your go-to! As a chef, we know you love an adventure so explore all that pork has to offer...the possibilities are endless!

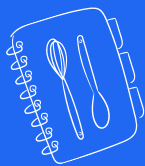
Helpful Hints

Consider using pork as an ingredient rather than center of the plate to keep younger people enticed and interested.

Take advantage of pork's 110+ flavor taste experiences and intense umami flavor to enhance any dish on the menu.¹

Pork is the most commonly eaten protein in the world!² Regardless of who you're cooking for, odds are, pork will resonate with them.

Planet-friendly meals can include fresh pork! When compared to other food sources of protein, pork has relatively low greenhouse gas emissions.³



Recipes

Visit
tastewhatporkcando.com

SOURCES

1.Comprehensive Sensory and Flavor Nuances of Pork Protein and Fat, Lisbeth Ankersen, M.Sc.,InnovaConsult ApS, February 14, 2024.

2.OECD-FAO Agricultural Outlook. Meat consumption. Accessed October 15, 2021. <https://data.oecd.org/agroutput/meat-consumption.htm>

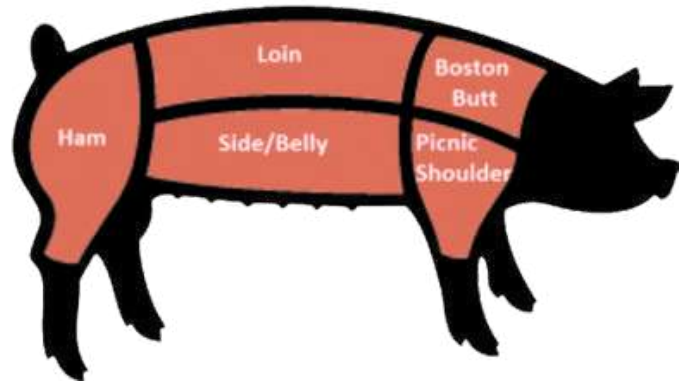
3.FAO. 2018. World Livestock: Transforming the Livestock Sector through the Sustainable Development Goals. Rome. 222 Pp. Licence: CC BY-NC-SA 3.0 IGO.



Purchasing Pork- Cuts & Selection

Carcass Breakdown

The location a cut of pork comes from impacts the eating characteristics and ultimately how that cut should be utilized. The carcass can be split into five major portions called primals. These five primals, Boston butt, picnic shoulder, loin, ham, and side/belly, subdivide a carcass into sections.



The primals are then broken down into a variety of cuts, including roasts, chops and other value-added cuts, for purchase. Each primal offers versatility and value in different ways; and depending on the recipe most can be prepared various ways offering more options when choosing recipe ingredients. Some of the cuts that may be more applicable in larger foodservice kitchens are shown below, as well as some of the more common cuts you may recognize from the grocery store or personal kitchen. There are many other cuts available; for a full breakdown go to www.pork.org/cuts for a cut description, how to utilize the cut, and recommended cooking methods.

An important fact to remember is that all cuts are not created equal; each primal possesses unique eating characteristics because they are made up of different muscles with different tenderness levels, different fat contents and varying flavor profiles. These variables also impact how a cut should be cooked; see the key for recommended cooking methods for each cut.

Helpful Hints

Pork that is a pinkish-red color will offer a better eating experience. Avoid choosing meat that is pale in color and has liquid in the package.

Look for pork that has marbling (small flecks of fat). Marbling is what adds flavor. The fat of pork should be white with no dark spots.

The average serving size for pork is 3 ounces of cooked meat (size of deck of cards). Start with 4 ounces of boneless, raw pork to yield 3 ounces of cooked meat.

PUT FLAVOR ON THE TABLE

Pork Cuts to Consider

Sizzle. Sear. Shred. Slice. With pork, there are endless ways to add delicious on the daily. From baked chops to air fryer tenderloin and more, it's the easiest way to get flavor at breakfast, lunch, or dinner. Checkout some popular cuts of pork below.

LOIN



Pork Back Ribs



New York Pork Roast or Top Loin Roast



New York Pork Chop



Sirloin Pork Roast, boneless



Rack of Pork



Country-Style Ribs, bone-in



Ribeye Pork Chop



Ribeye Pork Chop, boneless



Sirloin Pork Chop, boneless



Sirloin Tip Roast, boneless



Porterhouse Pork Chop



Pork Tenderloin

BOSTON BUTT



Shoulder Roast, bone-in



Blade Steak, bone-in



Blade Pork Roast



Ground Pork



Pork Sausage

PICNIC SHOULDER



Arm Pork Roast or Arm Picnic



Picnic Roast, boneless

SIDE/ BELLY



Pork Spare Ribs



Pork St. Louis Style Ribs



Pork Belly, fresh



Bacon, cured

LEG/ HAM



Ham Shank



Ham, boneless



Ham Steak

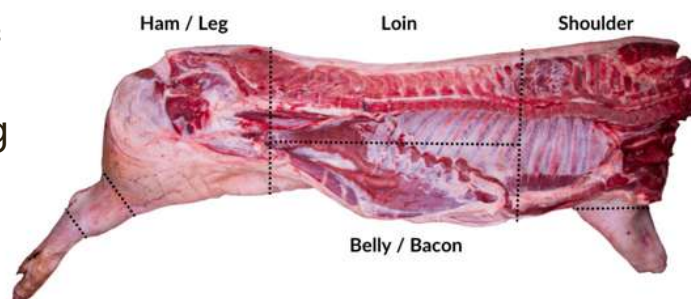


Smoked Ham, bone-in

Buying in Bulk

If you do choose to purchase a whole or half hog for your kitchen, keep in mind the loss that occurs when harvesting and fabricating the carcass. Be sure to account for the loss when considering the cost of purchase, too.

On average, only 73 percent of the animal's original weight remains after removing hide, head, and internal organs. The pork carcass, which now only contains fat, bone, connective tissue, and meat, is then chilled, and hung for approximately 14 to 21 days, which helps convert muscle to meat. After the carcass is properly aged, it is ready to be broken down into individual cuts. On average, 21 percent of each carcass is inedible bone, fat, and connective tissue. Approximately 38 percent of the chilled carcass can be converted into ground pork depending on how you choose to utilize the rest of the carcass.



Pork Can Be an Ingredient!

As we've mentioned, pork is extremely versatile and can be used in many ways and for any meal. It can be the center of our plate like so many of us are accustomed to, or it can be used as an ingredient! Consider exploring outside of the box and using pork in dishes like stir fry, tacos, fajitas, ramen, protein bowls, salads, sandwiches, charcuterie, and more!

We know how easy it is to fall into the routine of preparing the same dishes because let's be honest- it's easy and familiar! But, getting a bit creative doesn't have to be difficult!



Freezer Space Considerations

To ensure you have enough freezer space for your pork keep in mind that 35-40 pounds of retail product should fit in one cubic foot of freezer space. This may vary depending on bone-in versus boneless cuts or any odd shaped packages of meat.

→ **WHATEVER YOU'RE CRAVING PORK CAN DO THAT** ←



Food Safety- Preparation, Cooking & Storage

It is important to follow proper food safety steps when handling, cooking, and storing meat to prevent illness. Here are a few guidelines to follow to ensure the safety of your meat and avoid foodborne illnesses.

Avoid Cross-Contamination

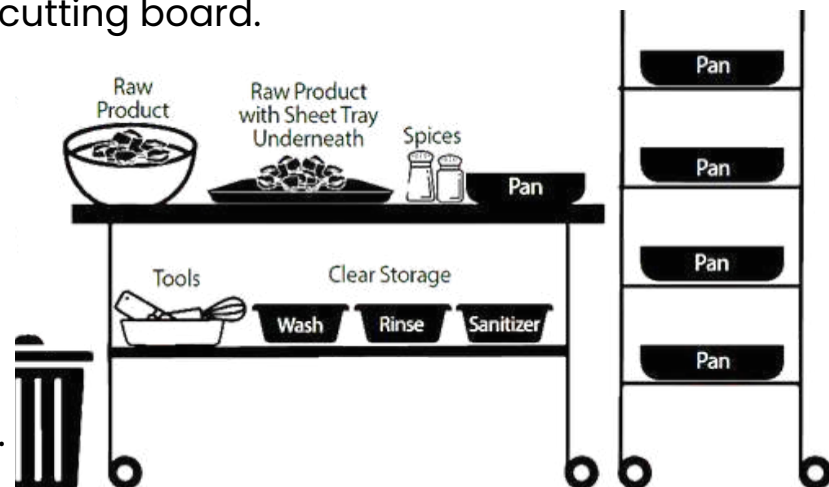
- ✓ Wash hands well in hot, soapy water before and after handling raw meat and other fresh foods.
- ✓ Keep raw meat and meat juices away from other foods, both in the refrigerator and during preparation.
- ✓ Wash all utensils, cutting surfaces and counters with hot, soapy water after contact with raw meat.
- ✓ Keep carving boards used for raw meats separate from other food preparation areas and serving platters.

Raw Meat Cooking Preparation Set Up

1. Assemble your pans and cook bags in preparation for handling raw product.
2. Measure and place any spices you may need in a washable (not original) container. Spices won't go back into storage after they have been contaminated by raw material.
3. Gather and place your wash, rinse, and sanitizer buckets. These will be dedicated only to production of the raw product.
4. Ensure a garbage can is close by to help reduce spillage of liquids from the packaging.
5. Place a drip catch pan beneath your cutting board.
6. Place your selected knives, scissors, and other tools near the workstation.
7. Make sure to set up your station and process all raw meat away from all ready to eat foods or tools that will be used on ready to eat product.

*Limit the amount of time raw products spend outside of cold storage.

SOURCE _____



Storage: Refrigeration, Freezing, & Defrosting

- ✓ Refrigerate or freeze meat as soon as possible. Keep cold food at 40° F or below in a refrigerator or under ice and keep hot food at 135° F or above.
- ✓ Never let raw meat sit at room temperature for more than two hours before putting it in the refrigerator or freezer.
- ✓ Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, or in the microwave. Food thawed in cold water or the microwave should be cooked immediately.

CUT	REFRIGERATOR STORAGE LENGTH	FREEZER STORAGE LENGTH
Ground pork	1-2 days	1-3 months
Pork chops, tenderloin, or roasts	2-4 days	3-6 months
Smoked ham (whole or sliced)	3-4 days opened	
Whole cooked ham	--	Freezing not recommended
Leftover ham	--	2-3 months
Bacon	5-7 days	1 month
Sausage, hot dogs, deli meat	7 days opened	Freezing not recommended

Defrosting Length of Time

Small Roast	3-5 hours / lb.
Large Roast	4-7 hours
One-Inch Thick Chop	12-14 hours
Ground Pork	Est. by package thickness



Can I cook partially thawed pork?

It's safe to cook frozen or partially frozen pork in the oven, on the stove, or on the grill without defrosting it first. However, the cooking time may be 50% longer. Use a meat thermometer to check for doneness. Don't cook frozen pork in a slow cooker.

Can pork be refrozen if it has already been thawed?

Once the food is thawed in the refrigerator, it is safe to refreeze without cooking, although there may be a loss of quality due to the moisture lost through defrosting.

SOURCE _____

National Pork Board

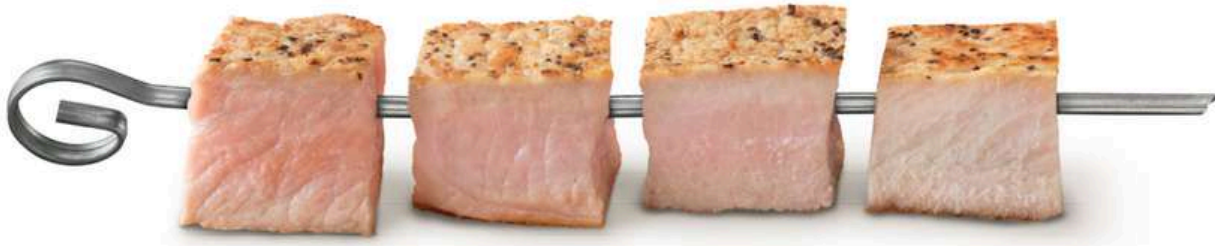
Internal Cooking Temperature

Pork today is very lean making it important to not overcook and follow the recommended cooking temperature.



**145°F with a
3-minute rest**

provides the optimal eating experience and is the minimum safe internal cooking temperature provided by USDA's Food Safety and Inspection Service. Ground pork, however, should be cooked to 160°F.



Medium-Rare
145-150°F

Medium
150-155°F

Medium-Well
155-160°F

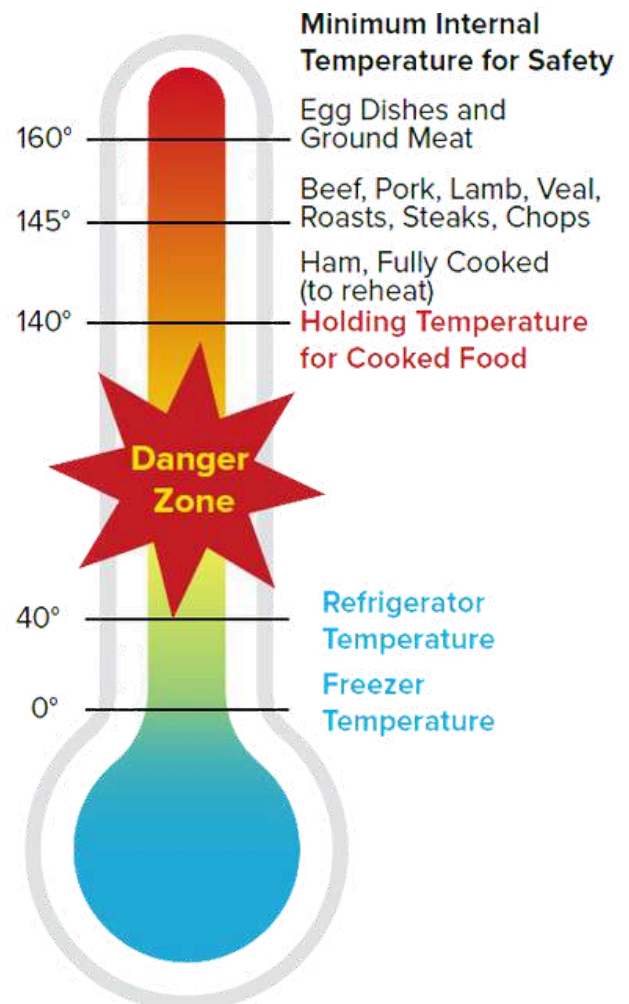
Well
160°F

Critical Control Points

Pork's CCP's include the product not being in the danger zone for more than 30 minutes during preparation. For example, if you are making 400 burgers for lunch, you should only pull out enough meat to make what you can cook in 30 minutes and then pull out more, in increments, not allowing the raw product to sit in the danger zone for more than 30 minutes.



The best way to test for doneness is by using a digital cooking thermometer.



Cooking Methods, Time & Temps

Roast/Bake: At 350°F. unless otherwise noted. Roast in a shallow pan, uncovered.

Broil: 4-5 inches from heat. Turn halfway through cooking time.

Grill: Over direct, medium heat; turn once halfway through grilling.

Barbecue: Over indirect medium heat (about 325°F.) unless otherwise noted.

Sauté: Use a little oil in a pan; brown over medium-high heat, turning once through cooking time.

Braise: Sear over medium-high heat in a little oil until evenly browned. Add liquid halfway up sides. Bring to boil; cover and simmer until tender.

Stew: Cook, covered, with liquid at a slow simmer.

Pork today is very lean and shouldn't be overcooked. To check doneness, use a digital cooking thermometer.

PORK CHOPS, 3/4 inch thick			ROAST/BAKE	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Boneless	New York (Top Loin) Chop		26-28 min.	12-14 min.	8-12 min.	6-10 min.	145-160°F
	Ribeye (Rib) Chop						
	Sirloin Chop						
Bone-in	Porterhouse (Loin) Chop		21-22 min.	8-12 min.	10-16 min.	8-12 min.	
	Ribeye (Rib) Chop						
	Sirloin Chop						
PORK ROASTS/TENDERLOIN			ROAST/BAKE	BARBECUE		BRAISE	COOK TO
Fresh Leg/Uncured Ham, bone-in		16-17 lb.	15 min. per lb.				145-160°F
Blade (Shoulder) Roast		3-4 lbs.	55-85 min. per lb. roast at 275° F.	45-75 min. per lb.		2-2½ hrs.	Tender†
		5-6 lbs.		30-45 min. per lb.			
Boneless	New York (Top Loin) Roast		2 lbs.	26-28 min. per lb.	20-26 min. per lb.		145-160°F
	Sirloin Roast		3-5 lbs.	20-25 min. per lb.	12-15 min. per lb.		
	Pork Loin Center Roast						
Tenderloin (roast at 425°F)		1-1½ lbs	20-35 min.	20-30 min.			
Crown Roast		10 lbs.	12-15 min. per lb.				
Rack of Pork		4-5 lbs.	25-40 min. per lb.				
PORK RIBS			ROAST/BAKE	BARBECUE		BRAISE	COOK TO
Back Ribs		1½-2 lb. rack	1½-2 hrs.	1½-2 hrs.		1¼-1½ hrs.	Tender†
Country-Style Ribs		3-4 lbs.	1-1¼ hrs.	45 min. - 1 hr.		30-35 min.	
Spareribs (St. Louis Style)		3½-4 lb. rack	1½-2 hrs.	1½-2 hrs.		1¼-1½ hrs.	
OTHER CUTS			ROAST/BAKE	BROIL/GRILL	SAUTÉ	BRAISE	COOK TO
Cubes/Kabobs		1 inch		8-10 min.		8-10 min.	Tender†
Blade Pork Steak		¾-inch		10-12 min.	10-16 min.	11-12 min.	
Cutlets		½ inch			3-4 min.	3-4 min.	
Ground Pork Patties		½ inch		8-12 min.	8-11 min.		160°F
Ham, fully cooked		5-6 lbs.	20 min. per lb.				140°F

Cooking Techniques

Pork is a remarkably versatile and flavorful protein, making it a favorite in kitchens around the world. Its ability to absorb and complement a wide range of seasonings, along with its rich, satisfying taste, allows pork to be transformed into a culinary delight through various cooking techniques. The following list includes some of the most popular methods for cooking pork, each bringing out unique qualities in this amazing protein. Pro tip: marinate pork before cooking to infuse it with flavors and to help tenderize the meat.

Broiling

Quickly cooks pork with direct high heat from above.



Braising

Cooking slowly in a covered dish with a combination of fat and liquid.

Sous vide

Vacuum-sealing pork & cooking in a water bath at a controlled temperature.



Grilling

Imparts a smoky, charred flavor.



Sautéing

Cooking pork quickly in a small amount of oil over high heat.

Stewing

Immersing pork in a liquid over low heat for an extended period.

Roasting

Cooking pork in an oven, allowing for even heat distribution.



Slow Cooking

Ideal for tougher cuts of pork, allowing the meat to break down and become tender over several hours.

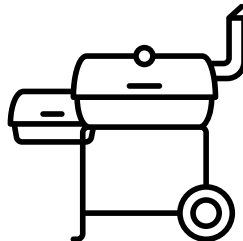
Stir Frying

Quick and versatile, perfect for creating vibrant, healthy meals.



Smoking

Imparts a deep, rich flavor that is hard to achieve with other cooking methods.



Other Techniques

- Air frying
- Instant pot



(Great for convenience but not for large numbers of people.)



Resources

There are several people and organizations that can assist you with implementing more pork into your menus whether it is sourcing, purchasing, preparing, or serving. Below is a listing of just a few resources that may be valuable to you.

Sourcing & Purchasing Pork

Wisconsin Pork Association
(608) 723-7551
wppa@wppa.org
www.wppa.org

Preparing, Cooking, & Nutrition of Pork

National Pork Board
(515) 223-2600
info@pork.org
www.porkcheckoff.org
tastewhatporkcando.com

Pork Compliance- Dietary Guidelines

Wisconsin Department of Public Instruction
(DPI) School Nutrition Team
(608) 267-9228
dpifns@dpi.wi.gov
https://dpi.wi.gov/school-nutrition

Other Pork Info

Wisconsin Pork Association (608) 723-7551 wppa@wppa.org www.wppa.org	National Pork Board (515) 223-2600 info@pork.org www.porkcheckoff.org
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**TASTE WHAT
PORK CAN DO.™**

Wait...

There's More!

Check out the collection of specialized playbooks that complement this guide and provide technical information on topics that matter to you such as **recipes, sustainability, and sourcing local pork.**

Join Pork & Partners

National Pork Board's Pork & Partners is free to join and geared toward nutrition professionals. It provides free continuing education opportunities, exciting events, featured recipes, evidence-based handouts and peer-reviewed research. Join us to access resources and support that will take your practice to the next level.

Visit
www.pork.org/porkandpartners