

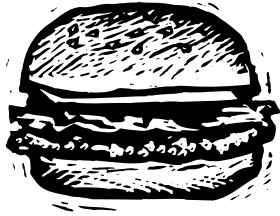
PRICE TAG/COST TAG

What costs aren't included in the price of your food?

Hamburger

Price Tag

You may get two hamburgers for 99 cents at a fast food chain, or you may spend \$6.99 or more for a burger at your local brew pub. Raw, fresh hamburger costs \$2.50 to \$5.99 per pound. What are the hidden costs associated with hamburger?



Cost Tag

Food Miles

A single burger may contain meat from multiple cattle that may have been raised in the US or as far away as Australia.¹

How Much Do We Eat?

In one representative survey of US children ages 4 to 19, over 30 percent of the participants consumed fast food meals,² and hamburgers are a typical part of fast food fare. The average American eats 28 lbs of ground beef annually.³

Social and Health Costs

In 2000, just four firms handled nearly 80 percent of all slaughtering of beef market animals; in 1980, concentration was less than half as high.⁴ Workers at meatpacking plants are subject to high injury rates and illness,⁵ and are paid low wages compared to other manufacturing jobs.⁶ The fast food industry is also typically low paying.⁷

Most beef in the US comes from cattle that spend the last 3 to 6 months of their lives confined in feedlots containing over 1000 animals. A respiratory disease caused by infectious pathogens and exacerbated by stress and compromised immunities is the leading cause of feedlot cattle illnesses and deaths.⁸

Grass-finished beef contains higher levels of healthy fats, such as omega-3 fatty acids and conjugated linoleic acid, and is lower in overall fat than grain-fed beef.⁹ Ask your favorite restaurant to offer locally produced, grass-finished beef.

Environmental Impact

When beef cattle are raised in sizeable feedlots, manure concentration can contaminate water.¹⁰ The risk of polluted runoff is greatly reduced when cattle are raised on well-managed pasture.¹¹ Buy beef directly from farmers using sustainable practices such as managed grazing.

The price you pay for your food may or may not include all of the costs associated with it, such as costs to the environment and to the health of those who produce and consume it. Learn all you can about the food you buy—your choices matter!

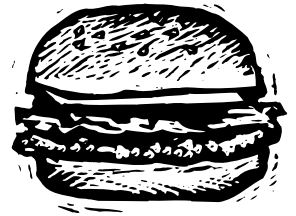
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²Bowman, S.A., S.L. Gortmaker, C.B. Ebbeling, M.A. Pereira and D.S. Ludwig. (2004, January). "Effects of Fast-Food Consumption on Energy Intake and Diet Quality Among Children in a National Household Survey." *Pediatrics* 113(1):114. Retrieved May 31, 2011 (pediatrics.aapublications.org/content/113/1/112.full.html).

³Davis, C.G. & Lin, B-H. (2005, October). *Factors affecting U.S. beef consumption*. Retrieved March 13, 2010 (www.ers.usda.gov/Publications/LDP/Oct05/LDPM13502/).

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⁵Personick, M.E. and K. Taylor-Shirley. (1989, January). "Profiles in safety and health: occupational hazards of meatpacking." *Monthly Labor Review Online* 112(1):3-9. Retrieved June 2, 2011 (www.bls.gov/opub/mlr/1989/01/art1exc.htm).

⁶Stanley, K. (1994). "Industrial and Labor Market Transformation in the US Meatpacking Industry." *The Global Restructuring of Agro-Food Systems*, P. McMichael, ed, p 133. Ithaca, NY: Cornell University Press.

⁷Van Giezen, R.W. (1994). "Occupational wages in the fast-food restaurant industry." *Monthly Labor Review*, 117(8):24-30. Retrieved March 13, 2010 (www.bls.gov/mlr/1994/08/art3abs.htm).

⁸USDA APHIS. (2001). *Treatment of Respiratory Disease in US Feedlots*. Veterinary Services Info Sheet #N347-1001. Retrieved October 31, 2011 (http://www.aphis.usda.gov/animal_health/nahms/feedlot/downloads/feedlot99/Feedlot99_is_TreatResp.pdf).

⁹Daley, C.A., A. Abbott, P.S. Doyle, G.A. Nader and S. Larson. (2010). "A review of fatty acid profiles and antioxidant content in grass-fed and grain-fed beef." *Nutrition Journal* 9:10(1-12). Retrieved October 4, 2011 (www.csuchico.edu/grassfedbeef/research/health-benefits.shtml).

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¹⁰Burkholder, J., Libra, B., Weyer, P., Heathcote, S., et al. (2007). Impacts of waste from concentrated animal feeding operations on water quality. *Environmental Health Perspectives*, 115(2), 308-312. Retrieved March 13, 2010 (www.nationalaglawcenter.org/assets/crs/RL31851.pdf).

¹¹Sweeten, J.M. (1998). "Cattle Feedlot Manure and Wastewater Management Practices." *Animal Waste Utilization: Effective Use of Manure as a Soil Resource*, ed J.L. Hatfield and B.A. Stewart. Ann Arbor, MI: Sleeping Bear Press.

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