



NICHOLAS MEAT Quarterly

COMPANY NEWS AND UPDATES FOR THE LOGANTON COMMUNITY

WINTER 2023

SRF Tank Erection Continues During Winter Months

There's always something happening at the Nicholas Meat Sustainable Resource Facility (SRF) – even during the winter months. A relatively mild winter has allowed work to progress at the SRF, including tank construction that will continue through the year.

“When looking at the site, you will notice that a lot has changed over the past year,” said Brian Miller, Nicholas Meat Director of Sustainability. “We’ve poured thousands of yards of concrete to create retaining walls, foundations and curbs in preparation of erecting tanks and buildings on the site. Over the months ahead, you’ll really start to see things changing at the site as the tanks are erected.”



Tanks are beginning to take shape at the Sustainable Resource Facility. Shown here is the roof, or dome, of a tank as well as a section of wall material. As the tank is built, rings of the wall material will be added until the tank is at its full height.

“Over the months ahead, you’ll really start to see things changing at the site as the tanks are erected.”

Once completed, the SRF will feature award-winning waste-to-energy technology and an advanced water treatment facility. When fully-operational, the facility will help reduce truck traffic at Nicholas Meat, contain and minimize odor, create renewable energy, decrease the company’s carbon footprint, and capture greenhouse gases.

“The wastewater treatment facility and water reclamation continue to be the primary focus of the SRF project because it will bring the most immediate benefits to the community,” Miller continued.

Recycling water (also known as water reuse or water reclamation),

according to the Environmental Protection Agency (EPA), is the practice of reclaiming water from a variety of sources, treating it, and reusing it for beneficial purposes. The EPA states, “Water reuse can provide alternatives to existing water supplies and be used to enhance water security, sustainability and resilience.”

These benefits, as referenced by the EPA, are at the focus of the SRF and, specifically, the wastewater treatment and water reclamation systems. Wastewater from the meat processing facility will be piped from the plant to the SRF to undergo advanced treatment including biological denitrification, disinfection, and reverse osmosis. This will enable Nicholas Meat to reuse up to 90 percent of the water within the company’s operations, minimizing its impact on the aquifer. When the treatment facility is operational, land application of Food Processing Residuals, or FPR, will be dramatically reduced.

“The project that (Nicholas Meat) is undertaking is unique because it’s bringing so many aspects of sustainability together. The water reclamation, the reduction of odor, the reduction of truck traffic, all those things being done together as one project, is very unique. There are other meat processing plants doing elements of that. But bringing that all together is truly unique,” explained Miller.





Construction Impact This Spring

Construction activities this spring will impact traffic flow on Highway 880 between the Nicholas Meat plant and the Sustainable Resource Facility (SRF) location. While the plant and SRF are close to one another, the highway does separate the two facilities. As the project advances, a utility tunnel will be built under the highway between the two parcels. Once the SRF is operational, a piping system within the tunnel will transport wastewater from the meat processing plant to the SRF for treatment. Treated water and biogas from the SRF will flow back to the meat processing plant for use in its operations.



Interested in seeing the transformation from a bird's-eye view of the transformation at the site? Use this QR code to view our recent video or go to www.nicholasmeat.com to learn more.



“We will work with the Pennsylvania Department of Transportation, our contractors, and engineers to minimize traffic delays as we install the tunnel under the highway,” said Brian Miller, Nicholas Meat Director of Sustainability. “Before any construction takes place, we will do our best to notify community leaders and residents as details become available. We continue to appreciate your patience as we construct the SRF.”

Since breaking ground in May 2021, the 40-acre parcel continues to transform. When viewing the site from East Valley Road, one can see the three distinct tiers of the project. Tier One will house the anaerobic digester and reception building, and Tier Two will be home to the wastewater treatment facility and water reclamation tanks. Tier Three is reserved for future expansion that is yet to be determined and, for now, acts as a temporary storage area for building materials.

“In addition to the installation of process tanks, site work will continue in 2023,” he added. “This includes installing roller compacted concrete to pave the roads throughout the site, further installation of underground piping and additional landscaping. This summer, we plan to begin constructing buildings.”

Additional information about the SRF and Nicholas Meat’s sustainability efforts can be found at nicholasmeat.com/sustainability.



Meat our People: Blaine Cruz

Employee Feature

Position: Maintenance MC Technician

Employed by Nicholas Meat: 4 months

What you like most about your job: I enjoy getting to learn something new every day. There is always room to grow in life.

Most admired person: My father because he has worked hard, he never gives up and keeps pushing forward.

When it comes to beef: I love when my dad gets ribeye and we make a steak!

Fact Check: Busting Myths About BEEF

From limiting beef because it's bad for your heart to beef being time-consuming to prepare, we've heard a few myths and we're sure you have too. We're here to debunk these myths and help you enjoy beef with confidence.



Myth: You must limit beef intake because it's bad for your heart and raises cholesterol.

Fact: According to studies published in The American Journal of Clinical Nutrition, Journal of Human Hypertension and Obesity Science & Practice, eating lean beef daily as part of a heart-healthy diet and lifestyle can reduce risk factors for heart disease. Trials show that participants who consumed lean beef, as part of a diet rich in fruits, vegetables and low-fat dairy and low in saturated fat, experienced a 10 percent decrease in LDL cholesterol and a moderate decrease in blood pressure, both markers of lower heart disease risk.

Another study published in the Journal of Clinical Lipidology showed that subjects following a healthy and higher-protein weight loss dietary pattern, combined with physical activity and consuming lean beef four or more times weekly, saw reductions in total cholesterol, LDL cholesterol, triglycerides, and systolic and diastolic blood pressure. Additionally, evidence has shown that beef similarly impacts total cholesterol, LDL cholesterol, HDL cholesterol and triglycerides, much like poultry or fish.

Myth: American eat too much red meat – especially beef.

Fact: Americans, on average, consume 1.7 ounces of beef daily, whereas the Dietary Guidelines recommend that one should consume 5.5 ounces of protein daily. Beef is a great source of essential nutrients with relatively few calories, making it a great option for any meal.



USDA defines a lean cut of beef as a 3.5-ounce serving that contains less than: 10 grams total fat, 4.5 grams saturated fat and 95 milligrams of cholesterol. The following cuts of beef meet USDA's regulations to qualify as extra lean:

- Eye of round roast
- Sirloin tip side
- Top round roast
- Bottom round roast
- Top sirloin steak

Myth: Beef is difficult and time-consuming to prepare.

Fact: Beef is a nutritious meat easily prepared using common ingredients when pairing the right cooking method to the right cut of beef. Planning ahead also helps you save time when using beef. Additionally, beef is versatile and can be paired with fruits, vegetables, or whole grains. Looking for an easy-to-prepare and heart-healthy beef recipe? Check out the newsletter back page recipe or go to www.pabeef.org.

When looking to incorporate beef into your diet, check labels as the U.S. Department of Agriculture (USDA) regulates whether cuts of beef can be labeled as lean or extra lean based on their fat and cholesterol content. The USDA defines a lean cut of beef as a 3.5-ounce serving that contains less than: 10 grams total fat, 4.5 grams saturated fat and 95 milligrams of cholesterol.

According to the American Heart Association, a heart-healthy diet focuses on a variety of foods including vegetables, fruits, nuts, fish and, of course, lean animal protein. Now that some of these myths have been debunked, have fun incorporating lean beef into your balanced diet – you'll be glad you did!



At Nicholas Meat we are all about the beef! We hope you enjoy this recipe from the Pennsylvania Beef Council.

Beef Crostini with Parmesan Crisps & Balsamic Drizzle

This recipe is perfect for a football party or Valentine's Day appetizer. Flavorful steak meets cream cheese and a tangy balsamic sauce. This Beef. It's What's For Dinner.® recipe is certified by the American Heart Association®.

Ingredients:

- 2 beef Strip Steak, Boneless, cut 1 in. thick (about 1¼ lbs.)
- ¼ c. freshly grated Parmesan cheese
- ¾ t. all-purpose flour
- 12 slices thin white bread, crusts removed
- 1½ t. coarse grind black pepper
- 4 oz. light garlic & herb cheese spread, slightly softened
- 1 T. balsamic syrup
- 24 leaves arugula leaves

Cooking:

1. Heat oven to 350°F. Combine Parmesan cheese and flour in small bowl; toss to mix well. Spray baking sheet with nonstick cooking spray. Sprinkle Parmesan mixture evenly into 8-inch circle on baking sheet. Bake in center of 350°F oven 6 to 8 minutes or until melted and light brown. Cool 2 minutes on baking sheet, then remove to wire rack

to cool completely. Break into 24 irregular-shaped pieces. Set aside. *Cook's Tip: Parmesan crisps may be made 1 day in advance and stored in an airtight container.*

2. Cut each bread slice diagonally in half. Place in single layer on baking sheet. Bake in 350°F oven about 6 minutes or until lightly toasted but not brown. Set aside.
3. Press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve steaks into thin slices. *Cook's Tip: Four beef Tenderloin steaks (about 4 oz. each), cut 1 in. thick may be substituted for Strip steaks. Pan-broil Tenderloin steaks 10 to 13 minutes for medium rare to medium doneness, turning occasionally.*
4. Meanwhile, spread 1 teaspoon cheese spread onto each bread piece; top with 2 to 3 steak slices. Drizzle balsamic syrup over beef; top with Parmesan crisp and arugula leaf. *Cook's Tip: Balsamic syrup is available in the dressing aisle next to the vinegars in large supermarkets and specialty stores. If balsamic syrup is not available, it can be prepared by combining ¾ cup balsamic vinegar and 2 tablespoons molasses in medium saucepan; bring to a boil. Reduce heat to medium-high; cook about 10 minutes or until mixture is reduced to ¼ cup. Balsamic syrup may be stored in an airtight container in the refrigerator.*

