



NICHOLAS MEAT Quarterly

COMPANY NEWS AND UPDATES FOR THE LOGANTON COMMUNITY

SUMMER 2023

Roadwork on PA Rt. 880 Completed; Tank Progress Being Made

Traffic on PA Rt. 880 has returned to normal with the completion of a utility tunnel under the highway, east of Loganton, between the Nicholas Meat plant and the Sustainable Resource Facility (SRF). With the highway separating the two facilities, a tunnel was constructed so that process flows could be pumped between the two facilities.

“We are thankful for the patience of the community as we finished this phase of our project,” said Brian Miller, Nicholas Meat Director of Sustainability.

“The support shown by the community as we completed this milestone is greatly appreciated.”

Throughout the project, Nicholas Meat worked with the Pennsylvania Department of Transportation as well as contractors and engineers to ensure the safe completion of the project. The tunnel houses piping to transport wastewater from the meat processing plant to the SRF for treatment. Pipes will then transport treated water and biogas from the SRF to the plant for use in plant operations once the SRF is operational.

“With the tunnel in place, this helps ensure that in the future we will have fewer trucks on the road as most of our system inputs and recovered material will be piped between the two facilities rather than needing to be trucked,” Miller continued. “This means less traffic, less fuel consumed, fewer carbon emissions and an overall improvement to the environment and the community.”



Five tanks have been erected at the Nicholas Meat Sustainable Resource Facility (SRF) and the remaining six tanks for the project's first phase will be erected by the end of the year.

Tank Construction Process Continues; Sitework Completed

Construction continues on the 17 process and water reclamation tanks that are part of the SRF project. Five tanks have been erected and the remaining six tanks for the project's first phase will be erected by the end of the year, Miller said.

“We’re focusing on the wastewater treatment and water reclamation portion of the SRF project first,” he explained. “We know that completing this first phase of the SRF project will best benefit the community as we’ll be reusing water within our operation, which means less water will be withdrawn from the underground aquifer. It is estimated the SRF will allow Nicholas Meat to reuse up to 90 percent of the water used in the plant’s operations.”

In addition to tank construction, crews have all but completed site improvement to the SRF location. This includes installing stormwater culverts, putting in roads and grading and landscaping of the hillside.

“There is a great deal of work that is going on behind the scenes at the SRF,” Miller said. “We’re working to put out bids on the next phase of the project – constructing buildings on the site – and will be awarding those projects soon.”

We continue to be thankful for the support shown by the Loganton community as we work to complete this state-of-the-art facility.”

THANKS FOR ASKING: Is beef good for young athletes?

As school starts and young athletes hone their skills on the field and the courts, parents may be left wondering what to feed these hungry youth. Nicholas Meat recommends looking to beef as research shows that consuming high-quality protein may help one achieve and maintain a healthy weight while also preserving and building muscle.^{1,2}

Protein Supports Strength

We all know it takes muscle to perform on the football field or the volleyball court. But did you know protein helps support strong, lean bodies?³ Eating enough protein-rich food is essential to help protect lean body mass and prevent muscle loss and strength loss as young athletes age.⁴






Additionally, studies show exercise is more effective when paired with a higher-protein diet. Complete proteins, like beef, provide the amino acids necessary for muscle-building and recovery. Something to consider when your athlete comes home from practice in the new school year!

Adding Protein to Your Diet

The Institute of Medicine's recommendation for protein intake ranges from 50-175 grams of protein per day for a 2,000-calorie adult diet.⁵ Specific protein needs will vary depending on age, gender, activity and sometimes health considerations. Given this, it's important to work with your family doctor or nutritionist to determine the right diet for your family. But, in addition to determining how much protein to add, families should consider WHEN to add protein to their diet. Recent protein research finds that the benefits of protein consumption will vary depending on the amount of protein consumed and the daily pattern of protein consumed.^{6,7,8,9}

Research shows that evenly redistributing protein intake throughout the day may be the most

Protein Foods and their caloric costs¹⁰

	Amount	Calories	Protein
Beef	3 ounces 	666	25g
Quinoa	3 cups 	613	25g
Peanut Butter*	6.5 tbsp 	379	25g
Black Beans*	1 2/3 cups 	249	25g
Edamame	1 1/3 cups 	173	25g

*Not a complete protein-does not contain all essential amino acids
For the purpose of nutrition labeling, the Food and Drug Administration (FDA) has established a reference amount for a typical serving size of a food at one eating occasion, called Reference Amount Customarily Consumed (RACC). The RACC for the foods listed in the chart above are: cooked fresh meat/beef-85 grams (3oz), cooked quinoa-140 grams (3/4 cup), peanut butter-2 tablespoons, black beans and edamame- 90 grams (1/2 cup).

Courtesy of Beef. It's What's For Dinner.

beneficial for overall health and wellness because bodies build muscle in response to each eating occasion, including 30 grams of protein. So, when packing that lunch or considering breakfast, remember to include protein on the menu!

Animal proteins, like beef, are nutrient-dense, making them an efficient food to meet your protein needs. One 3 oz. serving of cooked beef provides 25g of protein for only 173 calories.

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- US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018. Internet: /nea/bhnrc/ndl NDB #: 20137-quinoa, 16097-peanut butter, 16316-black beans, 11212- edamame, 13364-composite beef

Nicholas Meat Supports 4-H & FFA Youth

Each summer, 4-H and FFA youth exhibit all types of animals – everything from sheep and goats to pigs and cattle at county fairs across Pennsylvania. Participation in such a project helps these young people develop life skills such as responsibility, respect and care for animals, industry knowledge and self-confidence.

And, each summer, Nicholas Meat extends support to local FFA and 4-H exhibitors by attending fair auctions to purchase their market animals. This year the company participated in auctions including the Lycoming,



Bradford, Clinton and Tioga County fairs. Check out our Facebook page in the coming weeks to view photos from the fair auctions or learn more at NicholasMeat.com.

In many ways, the 4-H motto of Making the Best Better is much like Nicholas Meat's belief that whatever we do today, we can do better tomorrow. Nicholas Meat is proud to participate where we can at local fairs to support 4-H and FFA members. We see the value these programs bring for our kids when they



learn by doing and have a goal for which to strive.

Congratulations 4-H and FFA members for your accomplishments this year!

Celebrating Our Workforce

Observed the first Monday in September, Labor Day is an annual celebration of American workers' social and economic achievements. The holiday is rooted in the late nineteenth century when labor activists pushed for a federal holiday to recognize workers' many contributions to America's strength, prosperity, and well-being.

Before it was a federal holiday, Labor Day was recognized by labor activists and individual states. A movement

developed to secure state legislation after municipal ordinances were passed in 1885 and 1886. New York was the first state to introduce a bill, but Oregon was the first to pass a law recognizing Labor Day, on February 21, 1887. By the end of the decade, Pennsylvania had joined six other states in passing a law to celebrate Labor Day. By 1894, 23 more states had adopted the holiday, and on June 28, 1894, Congress passed an act making the first Monday in September of each year a legal holiday.



When a 2005 fire destroyed the Nicholas Meat facility in Loganton, it left people without jobs. We were determined that our story would not end there and today we are recognized as a top employer in Clinton County. Today we're blessed to provide jobs to more than 400 hard-working employees and

support Pennsylvania farmers and beyond by providing a market for their cattle.

One way we celebrate our workforce is through our annual company picnic – an event that is enjoyed by our employees and their families annually. We give thanks to our hard-working employees who strive to put food on America's table daily.

Thank you
Nicholas Meat Employees
for all that you do!

Meat our People

Employee Feature

Position: Safety Coordinator

Years Employed by Nicholas Meat: 10

What do you like about your job:

I like the opportunity to work with new staff every day and appreciate the support that I have received through the years from co-workers and the Nicholas family.

What do you do in your free time:

I enjoy going to barbecues with family and friends.

Little known fact: I play the piano and like to dance!

When it comes to beef: I love grilled ribeye.



Karla Alfaro



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

Beef Adds Nutrients & Flavor to Salads

Are all salads created equal? Not when it comes to protein! These salads are the same with one exception: the protein source. The Veggie Salad has 10 walnuts, while the Beef on Veggie Salad includes half the number of walnuts in addition to 3 ounces of Top Sirloin. Did you notice that the calories on the two salads are similar? That's because 3 ounces of cooked, lean beef provides 25 grams of protein for around 173 calories.

As an added benefit, when steak is included on this salad, it provides a meal that is not only rich in iron, but also vitamin B12, zinc and choline. Beef is packed with key essential nutrients that complement the nutrients and flavors found in fruits and vegetables, making them the perfect team to help you reach your health goals.

Veggie Salad

- 3 c. baby spinach & arugula mix
- 1/2 fresh pear, sliced
- 2 T. dried cranberries
- 2 T. goat cheese crumbles
- 10 whole walnuts

Nutrition information per serving:

467 Calories, 40g Carb, 6.5 Fiber, 31.5g Fat, 6.0g Sat Fat, 13.6g Protein, 146mg Sodium

Excellent Source of: Fiber, Protein, Iron

Good Source of: Zinc

Beef on Veggie Salad

- 3 c. baby spinach & arugula mix
- 1/2 fresh pear, sliced
- 2 T. dried cranberries
- 2 T. goat cheese crumbles
- 5 whole walnuts
- 3 oz. grilled top sirloin steak

Nutrition information per serving:

492 Calories, 38g Carb, 5.2 Fiber, 23.5g Fat, 6.6g Sat Fat, 36.5g Protein, 200mg Sodium

Excellent Source of: Protein, Iron, B12, Zinc, Choline

Good Source of: Fiber, Potassium