

Rittberger Meats

Free Report



Dirty Secrets of the Meat Industry

What You Don't Know Could Make You Sick
or Worse!

Andy Rittberger

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Your supermarket's becoming a science lab, and you and your family are the guinea pigs - *Unappetizing Secret, Bruce Bradley*

The Crimes We Commit Against Our Bodies

Have you ever thought about how you treat your body? How about what you teach your children or grandchildren about how to treat their bodies?

How much sleep we get, how much exercise we get...or don't get. And the subject of this report - **What we eat and what we feed the ones we love.**

I have been in the "food business" my entire life. One of my earliest jobs as young boy was unloading cattle and hogs into the holding pens at our farm.

The huge Oak-framed scales that the livestock went across to be weighed are still standing strong just like they were those many years ago.

I look at those scales as a testament of how we do business here at Rittberger Meats. We prefer Oak hardwood to plastic junk.

When it comes to preparing meats and sausages we prefer the way Grandpa taught us.

1. Quality comes first
2. Never short cut to save money
3. Start with the finest cuts of meat
4. Use the finest ingredients
5. Prepare in a way that is flavorful and healthy

That is just about exactly the opposite of how the food industry is operating today...

The food industry has taken something as fundamental as the food we eat and turned it into an experiment - An experiment on us.

The problem

The industry norm today is:

How can we produce food as cheaply as possible, as fast as possible, and keep it relatively safe to eat?

From irradiation of meat to kill the bugs to instant smoking of products to get it out the door with less labor and more profits; the advances made in meat processing seems to be centered around "fast and cheap."

What happened to doing things right?

In this report I'll pull the curtain back so you can see how this type of thinking has actually made our food products less nutritious and more susceptible to making you sick.

I'll also show you how I have resisted this philosophy here at Rittberger Meats. In all fairness, I'm not totally against new ideas and technology. However I draw the line when I feel it compromises quality and safety.

Let's look at a couple of tricks recently highlighted in the news....

Pink Slime

Pink slime - **"Fat, sinew, bloody effluvia, and bits of meat." Oh, and ammonia.**

This is what you're eating when you buy and prepare ground beef from most grocery stores in the U.S. today. It's also what you're eating when you eat a fast food burger or grab a quick bite at your local diner, most likely.

The latest issue of *Mary Jane's Farm* spreads some light on what's really in our ground beef. And the results of what they found are enough to make you swear off ground beef for good. The article isn't online yet, but here are a few choice quotes:

- "Ten years ago, the **rejected fat, sinew, bloody effluvia, and occasional bits of meat cut from carcasses in the slaughterhouse** were a low-value waste product called 'trimmings' that were sold primarily as pet food. No more. Now, Beef Products Inc. of South Dakota transforms trimmings into something they call 'boneless lean beef.' In huge factories, the company liquefies the trimmings and uses a spinning centrifuge to separate the sinews and fats from the meat, leaving a **mash that has been described as 'pink slime,' which is then frozen into small squares and sold as a low-cost additive to hamburger.**"

My thoughts on Pink Slime

Since we opened our doors in 1910 the waste product now being processed into "boneless lean beef (aka pink slime) has gone in the dumpster - where it belongs. I don't sell it off for pet food. I wouldn't feed it to my dog so why sell it so someone else can?

This highlights the prevailing industry norm of "hey what can we do to turn this waste product or garbage into something we can sell?"

If that is what efficiency is I don't want any part of it.

What's in Rittberger's ground beef?

All of our ground beef is 100 percent ground chuck. Not beef trimmings, not waste product, not even good beef trimmings. Ground chuck is a cut above regular ground beef.

I think families should be able to eat a hamburger with the confidence of knowing that it's good for them.

Meat Glue - Transglutaminase

According to cattle rancher Nigel Tudor, the expensive “fillet steaks” sold in many American food stores are actually made up of scraps of beef held together by the enzyme *transglutaminase*. Known in the industry as “meat glue,” this white powder is derived from the clotting agents in pigs’ and cows’ blood.

The U.S. federal government has ruled that meat glue is “generally recognized as safe,” but not all health experts are in agreement. Steve Steingart, of the Allegheny County Health Department in Pennsylvania, told WCVB that glued meat could pose a health risk if smaller pieces of meat that have been contaminated end up in the center of a steak served rare.

Then of course there are the legalities associated with deceptive business practices. In grocery stores, steaks assembled using meat glue are mandatorily labeled as “formed” or “reformed.” But restaurants are not constrained by such labeling requirements. Since many in the industry claim that not even the most refined palate can necessarily detect a glued steak, you could easily end up eating less than you paid for.

My Thoughts on Meat Glue

Meat is something we sell to feed families. Glue is something the hardware store sells. The two don't mix here at Rittbergers.

Sausage - Made From What?

Almost all grocery stores make their store made pork sausage from "Pulls".

A pull is a cut of pork that has been for sale in the display meat case but did not sell by the stores expiration date. They debone the pork cut if necessary, add more pulls, then season and grind the sausage and put it out in the display case for sale. (Where it might set for 3 days before you buy it!).

Rittberger Sausage

We start with the finest fresh pork and season it with the same recipe grandpa used over a hundred years ago.

Our sausage is known all over south eastern Ohio as some the best sausage money can buy.

"We had some of the breakfast sausage already and it is outstanding! We also tried the sausage patties and loved them. They are the perfect size for a breakfast sandwich!" - *Christin P, Pickerington Ohio.*

Liquid Smoke - Is There Anything Worse?

What is liquid smoke? You probably don't even know, so unnatural and oxymoronic is this evil fluid. Essentially, it's a quasi-toxic substance that results from somehow turning smoke into a liquid. Don't ask me how they turn smoke into a liquid. I don't know, and I don't want to know. All I can tell you is that Liquid Smoke is the most immediately recognizable bad flavor known to man.

I recently read an article in *International Meat Topics* magazine that was touting a new technology that can smoke products in a minute flat. Yep that's one minute. Talk about a huge labor saving device! It's microwave style processing at it's best! Call me old fashioned but the only thing I put in a microwave is a bowl of soup that needs warmed up.

I won't bore you with the details but it basically works with liquid smoke and infrared pasteurization. The author boasts about "the exact taste and appearance the customer wants."

Another supposed benefit of this so called wonderful technology is what the industry calls "yield loss."

That means it doesn't cook out as much water and salt as smoking in an old time smokehouse.

Rittberger Hickory Smoked Products

Nothing duplicates the taste of meat smoked in our authentic 100 year old masonry smokehouse. Our authentic smokehouse uses only real hickory wood that has been harvested locally using sustainable forestry practices. This old-school method gives our smoked meats a distinct rich flavor you simply will not get from liquid smoke and 'modern technology'.

For years smokehouse companies have tried to get me to purchase a new smokehouse with all the latest gadgets. They assure me that modern methods and equipment could increase our profits and speed up our production processes. They can probably do all of those things; but, I have no intention of changing because I know perfection takes time.

Our Hickory smoked hams, bacon and other products are not stamped out like car parts. They are meticulously and intensively taken through a process that requires not just employees but real people with heritage wisdom in the art of curing and smoking.

Speaking of Bacon

Most bacon you buy in the store is ran through a process much like the majority of hams are. The fastest, most automated and cost saving process modern man can devise.

For instance most pork bellies are placed in a bacon press and pressed/formed so they are easy to slice. What the press does is allow the fat to be forced into the lean so it's not wasted.

What Happens to All That Fat at Rittberger Meats?

Our bacon is center cut bacon.

We don't have a bacon press. We trim all that fat off our pork bellies and throw it away. It's like the ground beef we talked about earlier...some things don't belong in premium meats.

Lower Sodium

Because of our unique curing and smoking process, our bacon is considered low sodium. The typical sodium levels in "low sodium bacon" come in around 150-200 mg of sodium. Our bacon has been tested at 75 mg.

Testing is expensive so we've not tested our hams but you can imagine how they might look as far as sodium content as well.

I wanted to let you know that we had the bacon this weekend and it was fabulous! I loved it and found that not only was it better than our normal store bought brand there was more to it! Normally I cook a pound of bacon and it shrivels up so much that it is gone by the end of breakfast. I only cooked half of the package of bacon and we ate it all up but we were all full. I told my mother in law that it cooked up similar to turkey bacon with its leanness but super tasty. - *Shanna Y. Columbus, Ohio*

Sodium Phosphates

As much as you might call this chemical water, what this really does is help to hold the water in the meat.

The following is a good explanation of what is going on with all the enhanced meats on the market.

MEAT & FOOD ADDITIVES!!!

by Mariah McCain

Herbal Healer Academy Newsletter

I am mad and disgusted by the enhanced meat that is being sold in the large chain stores. Whole muscle meat is passed through a machine that injects the meat with a liquid solution.

These computer controlled devices have one or more injection heads containing many fine needles that pierce the meat. Complex pressure controls, filters, flexible needle mounts, and separate shutoff controls for each needle allow the solution to be injected evenly throughout the entire cut of meat, even those containing bones.

The meat may be weighed before and after injection to determine the percentage of solution added to the meat by weight. When meat is injected with a solution to enhance moisture and flavor, spoilage microorganisms can go along for the ride deep inside the meat.

Adding a substance like sodium L-lactate to the solution delays or inhibits the growth of spoilage microorganisms, extending the shelf life of the meat by 30-50%. The result is reduced economic loss for retailers. By "adding value" to meat

by enhancing it, meat producers can charge more for their products and achieve higher profits.

Also, by solving the problems of color retention and purge, enhanced meat facilitates the trend toward case-ready meat--meat that is butchered and packaged at the meat packing plant so that it's ready for display and sale in retail stores.

Case-ready meat is more profitable for meat producers and for retailers, and it represents the future of meat in America...and the demise of your local butcher. Examples from the local food chain store.

Ham.....contained.....23% solution
Chicken Breasts.contained.....15% solution
Pork Roast.....contained.....12% solution
Ground Round....contained.....15% solution
Chuck Roast.....contained.....11% solution
Beef Fillet.....contained.....20% solution

Though this addition of solution may be entirely legal and lawful, I find it absolutely disgusting that companies are doing this and selling it to the public adulterated in this manner. Yes, they're printing the solution percentage on the package, but in a manner that is most commonly overlooked.

An example... Frozen bone-in turkey breasts reads: "Injected with up to 15% of a solution to enhance juiciness. Solution ingredients: turkey broth, salt, sugar, sodium phosphates, flavoring" We all know flavorings can be a hundred things!

At Rittberger Meats we don't need to pump our products full of Sodium Phosphate and water.

Our meats are quality enough they don't need to be enhanced.

The Big Industrialized Meat Processors Routinely Abuse Their Workers.

It doesn't take much research to discover that the big industrialized meat processors are notorious for:

- Mistreating workers
- Employing a huge percentage of illegal immigrants
- Being the most dangerous job in America
- Paying the lowest wages possible

The meat industry has changed over the years and unfortunately not much of it has been for the better.

Thirty years ago, meatpacking was one of the highest-paid industrial jobs in the United States, with one of the lowest turnover rates. Today the opposite is true; it's one of the lowest paying jobs with one of the highest turnover rates. The typical plant now hires an entirely new workforce every year or so.

In some American slaughterhouses, more than three-quarters of the workers are not native English speakers; many can't read any language, and many are illegal immigrants.

A new migrant industrial workforce now circulates through the meatpacking towns of the High Plains. A wage of \$9.50 an hour seems incredible to men and women who come from rural areas in Mexico where the wages are \$7 a day.

These manual laborers, long accustomed to toiling in the fields, are good workers.

They're also unlikely to complain or challenge authority, to file lawsuits, organize unions, fight for their legal rights.

They tend to be poor, vulnerable, and fearful. From the industry's point of view, they are ideal workers: cheap, largely interchangeable, and disposable.

"The chain never stops,". "I've seen bleeders, and they're gushing because they got hit right in the vein, and I mean they're almost passing out, and here comes the supply guy again, with the bleach, to clean the blood off the floor, but the chain never stops. It never stops." - Rita Beltran, a former IBP.

The rate of cumulative trauma injuries in meatpacking is the highest of any American industry. It is about 33 times higher than the national average. According to federal statistics, nearly 1 out of every 10 meatpacking workers suffers a cumulative trauma injury every year.

If you want to read just how bad it is in many of the large industrial meat processor plants you can read [this article](#) or simply do a Google search. Remember, a large majority of the meat you buy in the grocery comes from these plants.

Rittbergers Employees Are Family...Some Literally

Several of my employees have been with me for over thirty years. We started as a local family business in 1910 and we have never strayed from the belief that every employee deserves to be paid a fare wage and treated with respect and dignity.

We are all part of the community in which we live. We attend the same schools, churches, and shopping centers that you do.

We are proud to offer some of the best meat products found anywhere. I trust your eyes have been opened to some of the 'bad' practices that I have vowed will never be welcome at Rittberger Meats as well as some of the 'good' practices that we hold dear and will continue as long as we are in the business of producing good wholesome meat products.

Be sure to check us out on the world wide web at:

www.rittbergers.com

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Rittberger Meats

serving Ohio for over 100 years

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Mon-Saturday 9:00AM to 6:00PM