



**Texas 4-H Youth
Development Healthy
Lifestyles Invitational**

Grocery Meats

Understanding the importance of different types of grocery meats can help you make more informed choices based on nutrition, taste, and culinary uses.

The web pages below are the official Healthy Lifestyle Invitational Contest study resources. Classes will be developed based on information from these pages.

2024-2025 Consumer Decision Making Guide

https://texas4-h.tamu.edu/wp-content/uploads/roundup_cdm_2025.pdf