A NEW FAVORITE FOR YOUR FAMILY

Meet delicious, local New Jersey venison

Never tried venison? You may be surprised by how familiar—and delicious—it can be. Venison is simply deer meat, enjoyed by families for generations. Give it a try in a dish you already love!

GROUND VENISON: EASY AS GROUND BEEF

Ground venison with 10% beef tallow added has a little extra richness and moisture, making it wonderfully versatile for everyday cooking.

Use it in your favorites:

Tacos • Chili • Spaghetti sauce
Meatballs • Burgers • Casseroles



WHY GIVE VENISON A TRY?

Tasty & familiar. A satisfying red meat with a rich, savory flavor. Start with a favorite family recipe.

Nutritious. Venison provides high-quality protein, iron, zinc, B vitamins and Omega-3 fatty acids. It is naturally lean and low in cholesterol compared to other red meats.

Local & sustainably harvested. From free-ranging New Jersey deer—not shipped from far away from animals raised in confinement. Responsible harvesting can also help protect local forests and farms.

Food that brings neighbors together. Local hunters share this valuable food with their own families and with New Jersey families through community food programs.

AN EASY FIRST MEAL: VENISON TACOS

Brown the ground venison thoroughly in a skillet, add your favorite taco seasoning and a splash of water, then serve in tortillas with cheese, lettuce or whatever your family likes. That's it!

Try something new tonight. Your next family favorite might be ground venison!

Food safety: Keep refrigerated or frozen; cook ground venison to 160°F (71°C).



Let's Find Balance for Our Forests, Farms and Families

Mission: To achieve natural balance in New Jersey by leading a deer stewardship movement for the people, wildlife and land we love.

Vision: A future where New Jersey's land, wildlife, and communities thrive in natural balance—stewarded by the people who call this place home

We collaborate to support stewardship of deer towards a balance with biological and cultural goals

www.deernj.org