



**LEILA EATS**  
I N V A S I V E S

### Tips for New Hunters

- Only harvest animals that look and act healthy. Animals suspected of having chronic wasting disease should not be harvested.
- Reduce exposure to lead in meat by using non-lead ammunition or bow hunting.

### Hand and Tool Hygiene

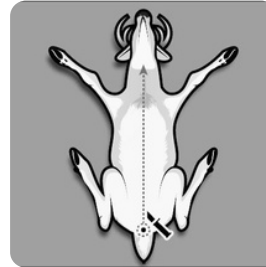
- Wear nitrile, rubber or latex gloves when field dressing, skinning, and butchering game.
- It's especially important to wear gloves when your hands have cuts or open sores.
- Wash hands, tools and work surfaces with soap and water before handling any raw food, including game meat.
- After butchering, wash tools, work surfaces, and your hands, arms or other exposed body parts thoroughly with soap and water.
- Rinse tools and work surfaces with either boiling water (212°F) or sanitize with a bleach solution or chemical sanitizer.
- Butchering tools should never be used for any other purpose. Keep butchering tools separate from utensils regularly used in the kitchen.

### Butchering Considerations

- Avoid handling or cutting through the skull or spinal cord. If removing antlers, use separate dedicated knives, saws and cutting boards.
- Avoid handling the brain and spinal tissues or fluids, saliva and mouth parts of game animals. Wash hands thoroughly with soap and water if these are handled.
- Game should be kept cool (with ice or refrigerated below 45°F or 7°C) until butchered and then the meat refrigerated or frozen.
- Cook all game and birds to at least 165°F (74°C) in the thickest part of the meat.

# SANITARY FIELD DRESSING

Field dress as soon as possible to ensure rapid loss of body heat, prevent surface bacteria from growing, and maintain overall quality of the meat.



Cut a coring ring around the anus. Grab the skin where it forms a “V” between the rear legs and cut a shallow 1-inch slit through the skin.

Using your first incision as a starting point, use a gut hook to cut open the belly from the pelvic bone to the breastbone. Avoid puncturing organs!



Cut the diaphragm from the chest cavity's walls and work all the way up the the spine to separate it. After locating the windpipe, sever it to free the entrails.

The heart, liver, lungs, intestines, stomachs and bladder can be removed with one long, strong pull on the windpipe. If not, cut any connecting tissues.



Turn the body over and spread it's legs so the cavity is open to help the blood drain. Avoid letting dirt, sticks, leaves and other debris contact the meat. Once home or back in the camp, hang the deer from its antlers or neck to further drain the blood.

