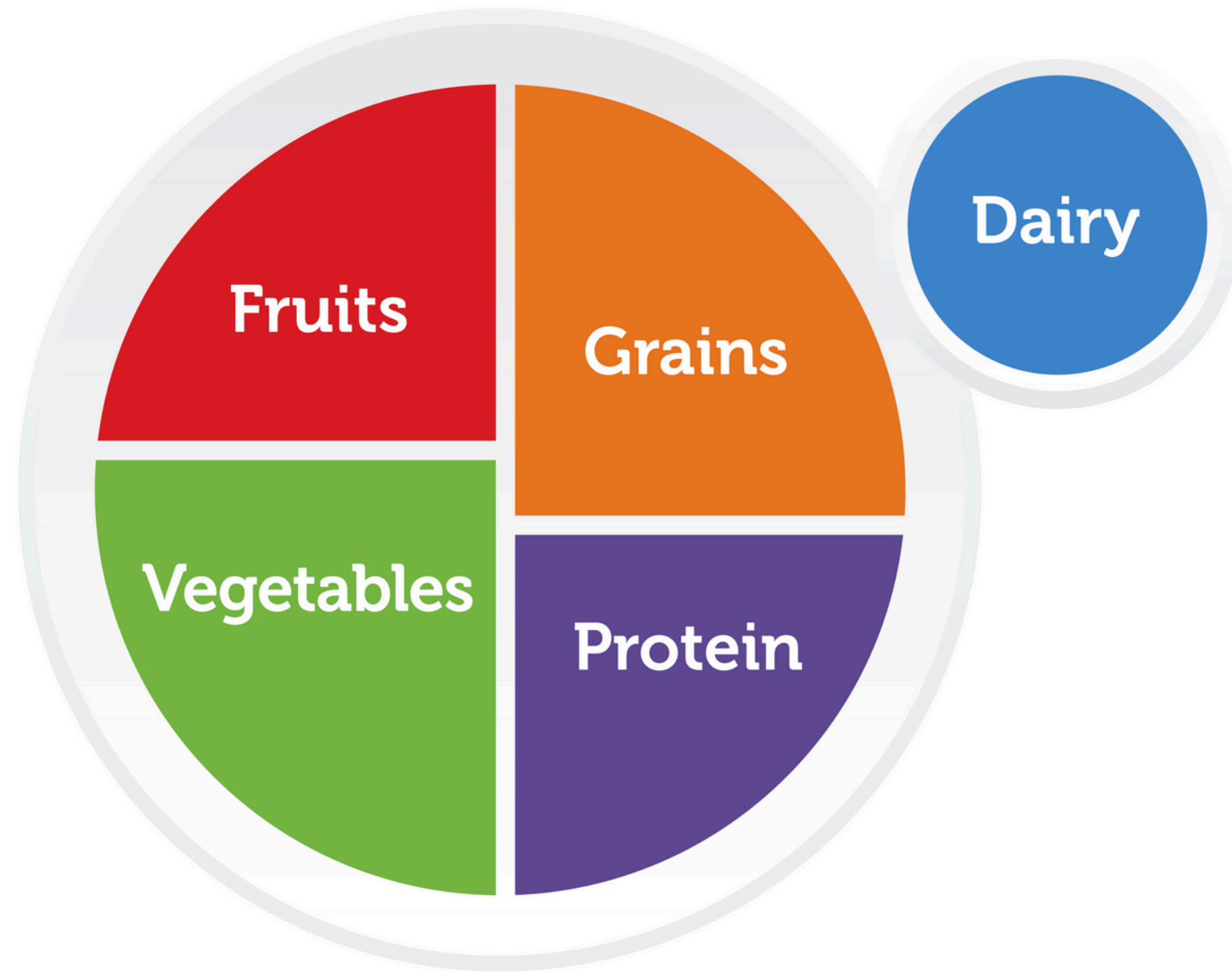
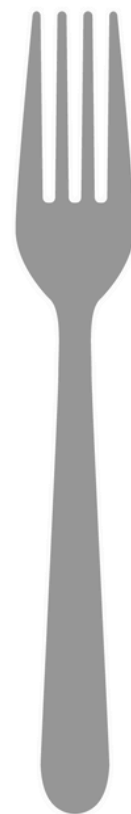
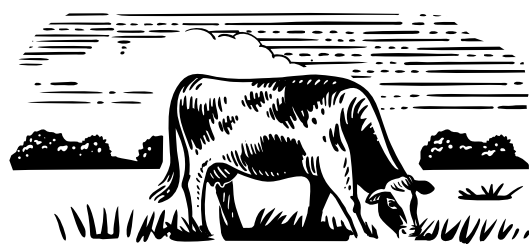




MyPlate.gov



Milk is a local food year round. Milk travels from cow to you in about **48 hours**.



Milk provides more than calcium. It is a nutritional powerhouse with 13 essential nutrients, like protein and vitamin D, to **support growth and help you reach your full potential**.

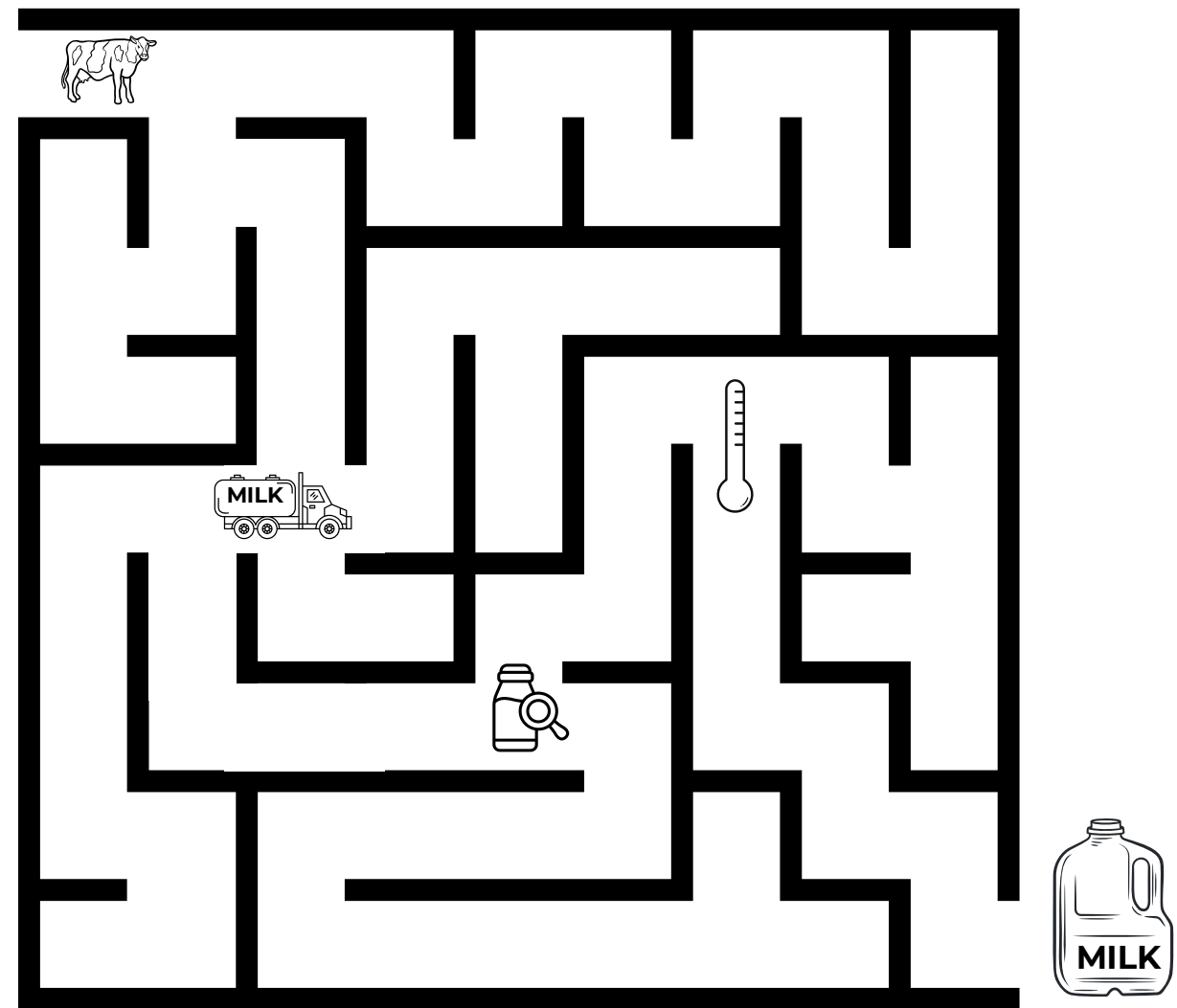


Lactose-free cow's milk contains the same powerful nutrient package as regular cow's milk, just without the lactose. Aged cheese and yogurt are low-lactose foods.

Follow the Journey of Milk

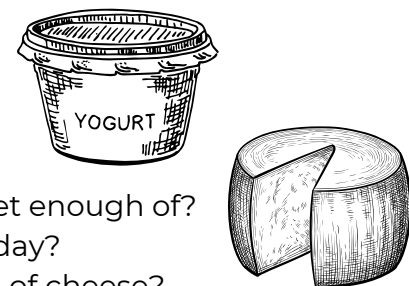
Milk travels from the farm to you in about 48 hours. Follow the journey milk takes from cow to you to solve the maze.

- 1. Milk leaves the farm on a truck.
- 2. It goes to a plant where it is tested.
- 3. The milk is then heated and cooled for safety.
- 4. Finally, the milk travels to the store or your school for you to enjoy.



Your Moo IQ

- 1. How many gallons of milk will a cow make in one day?
- 2. What is the top source of calcium in the American diet?
- 3. What nutrients contained in milk do kids and adults not get enough of?
- 4. How many servings of dairy should each person eat every day?
- 5. How many pounds of milk are needed to make one pound of cheese?
- 6. True or false? Dairy farmers work with veterinarians and nutritionists to keep cows healthy with balanced diets.
- 7. True or False? Having lactose intolerance means you cannot consume any dairy products.



Strawberry Protein Smoothie

Makes 2, 8-oz smoothies

Ingredients

- 1 cup milk
- 1 cup strawberries
- 1/3 cup Greek vanilla yogurt
- 3 tbsp. peanut butter

Directions:

- Add all ingredients to a blender or food processor.
- Cover and puree until smooth.
- Serve Immediately

Recipe Notes:

For a thicker smoothie, use frozen strawberries.
Other nut butters can be swapped for peanut butter, if desired.

Go to NewEnglandDairy.com for more recipe ideas.

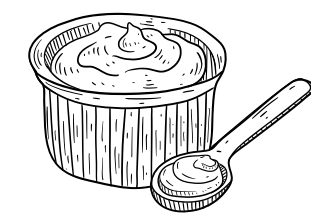


Power Up with Dairy

Find and circle the words in the list below that describe how dairy foods can fuel our day.

Hint: Words may be backwards or diagonal!

- | | |
|---------|----------|
| Body | Milk |
| Brain | Minerals |
| Calcium | Protein |
| Cheese | Vitamins |
| Health | Yogurt |



T M Z F T R S C P I T B D Q M
K U M W F W N R R K Y F W K I
A I G H K M O Z M S B X B K N
V C J T P T I F Q B R B O U E
O L Y E E Z E L D N N E C H R
B A P I N T G J K W R I B L A
W C N A S E R X C K Q L A N L
M M H A S T U U I H V O M R S
O Z N E Z I P Y G Y K Y V G B
R Y E N N O F K A O E M E Z M
J H X Z E W Y D O B Y N T H W
C H E A L T H S N I M A T I V
O P X F S T S Z G K W Z R Y K
Y F S E G Q Z X F I W S B I Z
K F W J E S H E L M L H K D F