



Eat Better, Eat Together with Real Dairy

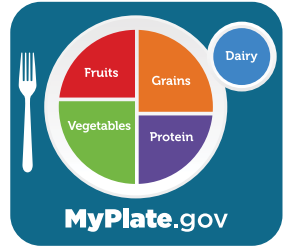


Eating meals together is good for everyone. The time spent on preparing and eating meals together supports physical, social, and emotional health for children and teens.

Make the Most of Mealtime: Plan, Prep, Cook with Kids

Plan

- Plan meals around [MyPlate](#) and include all food groups.
- Write out meals for the week and grocery shop with this list in mind.
- Double the recipe for “planned-overs” that work for lunch or dinner, or freeze and use later.



Did You Know? Drinking milk with any meal boosts calcium, potassium, and vitamin D.

Prep

- Pre-cook ingredients on the weekend (chicken, hamburger, rice, etc.) and turn them into family favorites throughout the week.
- Dice veggies ahead of time so they are ready to add to a salad, stir fry or pasta sauce.
- Take advantage of meal solution shortcuts offered in the grocery store like bagged salad, shredded cheese, and prepared side dishes.

Cook with Kids

If kids help prepare their meals, they are more likely to eat what they make and tend to be more adventurous eaters.

- Getting kids into the kitchen is a great way to spend time with them and to reinforce that a healthy, balanced diet is important.
- Kids will learn skills they can use for the rest of their lives, no matter what age they start helping in the kitchen.

Did You Know? Be a role model: The best way to get your kids to drink milk is for you to drink milk with meals.

Mac and Cheese Casserole Cups



Try this fun twist on the classic macaroni and cheese casserole. Makes 6 servings.

Ingredients

3 cups milk, divided
2½ tablespoons all-purpose flour
1½ cups (6 ounces) Cheddar cheese, shredded & divided
¾ cup mozzarella cheese, shredded
½ cup parmesan cheese, grated
8 ounces elbow macaroni, cooked and drained

Instructions

Preheat oven to 350°. In a medium saucepan, slowly add 1 cup of milk to flour, stirring constantly until all lumps have dissolved. Add remaining milk, stirring thoroughly. Place on stove and simmer 15 minutes, stirring occasionally, until sauce thickens.

Add 1 cup of Cheddar, mozzarella and parmesan cheese; stir until blended. Add macaroni, stirring gently to coat well.

Line muffin tin with paper muffin cups and place one heaping scoop of mac and cheese mixture into each muffin cup. Top with reserved 1/2 cup shredded Cheddar. Bake 15 minutes or until golden brown.

Let cool for 5 minutes before serving.

Source: TheDairyAlliance.com

Rainbow Unicorn Smoothie



Turn the colors of the rainbow — red strawberries, blueberries and orange mango — into a magical treat for breakfast and beyond. Makes 4 servings.

Ingredients

1½ cups milk
½ cup vanilla yogurt
2 cups frozen strawberries (about 10 large)
1 cup frozen blueberries
1 cup frozen mango chunks

Optional Toppings

6 tablespoons whipped cream
4 teaspoons unicorn multi-colored sprinkles
Decorative unicorn horn candles, wick trimmed

Instructions

Add milk, yogurt and fruit to the blender and blend until smooth. Add additional milk to thin if needed.

Divide smoothie into 4 glasses. Top each with optional toppings of cream, sprinkles and unicorn horn candle.

Drink in the morning and have a magical rest of your day!

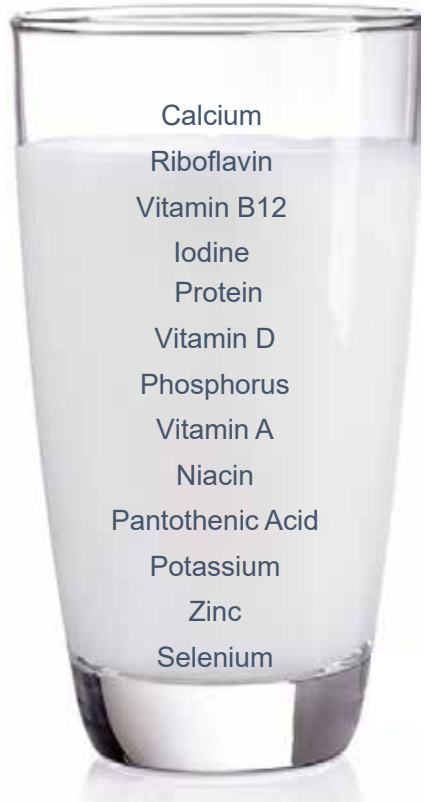
Source: GonnaNeedMilk.com

Dairy: A Nutrition Powerhouse!

From fermented foods like yogurt and cheese to milk and [lactose-free milk](#), dairy foods provide nutrients people of all ages need to grow and maintain strong bodies and minds.



Milk packs 13 essential nutrients in every serving, including, protein, zinc, selenium, vitamin A and vitamin D, which contribute to [healthy immune function](#). Dairy foods like cheese and yogurt also provide [high-quality protein](#), calcium, vitamin A, B vitamins and more!



Did You Know?

- **Real cow's milk** contains more naturally occurring nutrients than plant-based alternatives.
- **Yogurt** contains beneficial cultures that can help boost your immune system.
- **Cheese** contributes high-quality protein as well as calcium, phosphorus and vitamin A to the American diet.
- **Chocolate milk's** combination of fluids, carbs, and protein helps rehydrate and refuel muscles after a workout. Plus, it packs the same [13 essential nutrients as white milk](#).
- **Did you eat something spicy?** Milk is better for [cooling your mouth](#) than water because of the protein casein - it cleanses your taste buds.

Living with Lactose Intolerance?

Being [lactose intolerant](#) doesn't mean you have to give up your favorite dairy foods. Try these tips:



Try it

Choose lactose-free milk. It's real cow's milk, just without the lactose.



Sip it

Start small and introduce dairy slowly.



Stir it

Mix milk with other foods to help slow lactose digestion.



Slice it

Choose natural cheeses, like Cheddar, colby or Swiss.



Shred it

Add natural cheeses such as parmesan or mozzarella to foods.



Spoon it

Yogurt's live and active cultures help digest lactose.

Apple Pie Overnight Oats



Breakfast is a breeze when you make several of these at a time, just pull out of the fridge and enjoy! Makes 1 serving.

Ingredients

- $\frac{2}{3}$ cup milk or lactose-free milk
- $\frac{1}{2}$ cup old-fashioned rolled oats
- $\frac{1}{2}$ cup diced apple
- $\frac{1}{4}$ cup chopped pecans
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{8}$ teaspoon nutmeg
- 1 tablespoon maple syrup or honey (to taste)
- Pinch of salt

Instructions

In a small bowl or 12-ounce jar, combine all ingredients and stir until well combined. Cover and refrigerate overnight or at least 6 hours.

Source: *Rebecca Egsieker, The Dairy Chef*
[TheDairyAlliance.com](#)



Dairy: Good for People, Good for the Planet

From the farm to your fridge, dairy farmers are reducing their carbon footprint, protecting our water, and transforming our food waste into high-quality protein for us.

Dairy farmers are committed to feeding people while taking care of the land and their animals. Their [goal is to become carbon neutral or better by 2050](#).

Fast Facts:

- Dairy contributes less than 2% of total greenhouse gas in the U.S.
- 95% of U.S. dairy farms are family owned and operated - even large dairy farms.
- 80% of a [dairy cow's diet](#) are byproducts that cows can digest but humans can't and would otherwise go to landfills.
- Dairy farms are always innovating to produce milk using fewer natural resources, like water or land.
- [Producing a gallon of milk](#) is getting greener. The carbon footprint of a gallon of milk is two-thirds less than it was 70 years ago, yet it still has the same nutritional benefits and great taste.
- [Cow manure](#) can be used to make electricity to power farm equipment and nearby homes or made into alternative fuel instead of gasoline for farm vehicles, trucks, and cars.

Orange Almond Quick Bread



Greek yogurt and milk are the secret ingredients to keeping this quick-bread super moist. Make ahead and freeze for busy mornings. (Makes 12 muffins or 1 loaf)

Ingredients

4 tablespoons butter, softened
½ cup brown sugar
½ cup plain Greek yogurt
¾ cup milk
Zest and juice of 1 medium orange
1 teaspoon almond extract
1 teaspoon vanilla extract
1 ½ cups all-purpose flour
½ cup old fashion rolled oats
1 teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt
½ cup sliced almonds, divided

Glaze

1 ½ cups confectioners' sugar, sifted
1 tablespoon melted butter
2 tablespoons milk or cream

Did You Know?

Instead of ending up in a landfill, the byproducts of orange juice (citrus peels) and almond processing (almond hulls) are a great addition to a dairy cow's diet.

Instructions

Preheat oven to 350° and grease a 9x5-inch (or 8x4-inch) loaf pan.

In large mixing bowl cream together butter and sugar with a hand mixer. Add in Greek yogurt, milk and next three ingredients. Mix until well combined. Add in flour and next 4 dry ingredients, mix until well combined, but don't overbeat the flour. Fold in half the almonds.

Pour batter into greased loaf pan. Bake for approximately 45-50 minutes or until golden brown and tester comes out clean when inserted into center. Cool in pan on wire rack for about 15 minutes. Make glaze while loaf is cooling. Carefully invert the loaf pan and transfer the bread to cooling rack and allow cake to cool completely. Drizzle with glaze and sprinkle with remaining almond slices.

Source: *Rebecca Egsleker, The Dairy Chef TheDairyAlliance.com*

Keep It Fresh

Use these tips to make the most out of your milk and other dairy foods.

- Store milk, cheese and yogurt between 35° and 40° F.
- Cheese is best served at room temperature. Hard cheeses can sit out for up to 2 hours.
- Make refrigerated foods your last stop at the grocery store, and the first thing you put away at home. Only buy the product size you will use in one week.
- Don't store milk or butter in the door as they will be exposed to warmer air when the door is opened.
- Store milk on the bottom shelf to keep it as cold as possible.
- Store yogurt on the upper shelf of the refrigerator and keep it tightly covered.
- Store butter on the middle shelf wrapped tightly.
- Store cheese in its own drawer because it absorbs other flavors.
- Store cottage cheese and sour cream on lower shelves.



Avoid overpacking your refrigerator. Cold air must circulate around foods to keep them cold! For more information download the interactive [USDA Foodkeeper App](#).

What Do the Dates Mean on Dairy Foods?

- **“Sell-by-date”** is the last day the grocery store should sell the product.
- **“Use-by-date”** indicates when a product will be of best flavor or peak quality.

Neither are safety dates.

Dairy foods can typically be used for several days after these dates when properly stored and refrigerated.



Dairy Hacks

- **Don't have buttermilk on hand?** Mix 1 cup of milk with 1 tablespoon of lemon juice or vinegar and let sit for 5-10 minutes before using.
- **Out of sour cream?** Substitute the same amount of plain Greek yogurt and enjoy the added protein.
- **Need half and half?** Combine a ½ cup of whole milk with ½ cup of cream.
- **No whole milk?** Mix ⅔ a cup of fat free milk with ⅓ cup cream.
- **Out of cream?** Use ½ cup plain Greek yogurt for 1 cup cream in homemade soups and sauces.

Add Dairy to Enhance Any Meal or Snack:

Yogurt:

- Layer yogurt, whole grain cereal and your favorite fruit for a parfait.
- Blend yogurt, milk and fresh or frozen fruit for a smoothie.
- Mix yogurt, cinnamon and peanut butter for a fruit dip.
- Add a spoonful of yogurt on top of pancakes, waffles or even soup.

Cheese:

- Top a salad, baked potato, scrambled eggs or even popcorn with different cheeses (Cheddar, feta, blue or even cottage cheese).
- Try cottage cheese, sweet or savory, topped with banana and pecans or mixed with your favorite seasonings.
- Top a slice of cucumber with Cheddar.
- Assemble a charcuterie board (or "jar-cuterie") for dinner: fruit, crackers, vegetables, and your favorite cheeses.



Milk:

- Serve white or chocolate milk at meals.
- Add vanilla, cinnamon, or cocoa powder to warm milk.
- Stir milk in your favorite cream soup, mashed potatoes, or cold brew coffee.

Roasted Red Pepper Greek Yogurt Hummus



Ingredients

16 oz can of chickpeas (garbanzo beans), drained and rinsed
¼ cup plain Greek yogurt
6 ounces fire roasted red peppers (or plain roasted red peppers)
1 lemon, juiced
3 tablespoons tahini
2 or 3 garlic cloves
1 tablespoon extra virgin olive oil
3 tablespoons tahini
2 or 3 garlic cloves
Salt (optional)

Garnish: fresh parsley, kalamata olives, chopped roasted red peppers, sprinkle of paprika, olive oil

Instructions

1. Put all the ingredients except the olive oil into a food processor. Blend the hummus for 30 seconds. Add the 1 tablespoon of olive oil and continue to blend until you reach the consistency you want. Test and adjust seasoning and add salt if you desire.
2. Serve the hummus in a bowl and garnish with fresh parsley, olives, chopped roasted red peppers and olive oil. Serve with pita or vegetables.

Note: To make the hummus thinner, add more olive oil while blending. Makes 6 servings.

Source: Developed by A Cedar Spoon

Cheddar Sriracha Greek Yogurt Dip



Ingredients

8 ounces Greek yogurt, strained style
¾ cup grated sharp Cheddar cheese, 1/4 cup reserved
1 tablespoon lime juice
1 tablespoon lime zest
1 teaspoon Sriracha sauce
1 teaspoon garlic powder
½ teaspoon sea salt
½ teaspoon ground cumin

Instructions

In a medium size mixing bowl combine Greek yogurt, ½ cup grated cheese and remaining ingredients and mix until well combined. Cover tightly and refrigerate for at least one hour or up to 12. Just before serving, top with remaining ¼ cup of grated cheese. Makes 1 ½ cups.

Source: TheDairyAlliance.com





Cheesy Jokes

What did the farmer say to the cows who wanted to stay up late?

→ It's pasture bedtime!

Where do cows stay on vacation?

→ In a moo-tell.

What do cows play at concerts?

→ Moo-sic!

What do cows read in the morning?

→ The moos-paper.

Knock knock. Who's there? Cows go. Cows go who? No silly, cows go moo.

Fun Cow Facts

- A Holstein's spots are like fingerprints—no two cows have the same pattern of black and white spots.
- The average cow produces 8 gallons of milk per day, that's over 100 glasses of milk!
- Cows have an acute sense of smell—they can smell up to 6 miles away!
- You can lead a cow upstairs, but not downstairs—their knees can't bend properly to walk downstairs.
- Cows have 32 teeth total, but they do not have top front teeth.

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