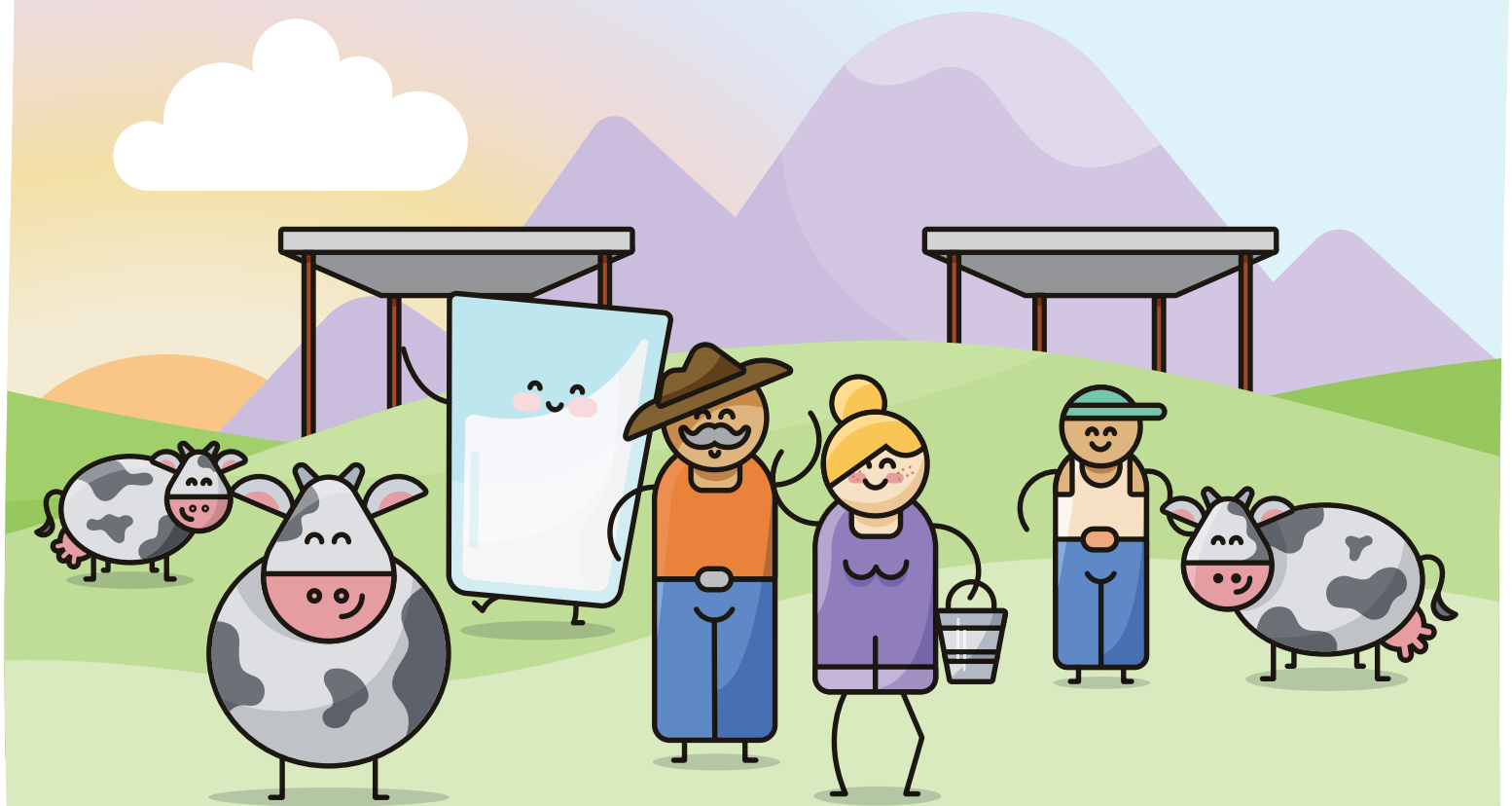


# A Moo-velous

## Resource & Education Toolkit



# Dairy Nutrition

Dairy is a simple and delicious way to get the important nutrients your body needs. Milk is often known for the calcium it provides, but there are nine essential nutrients in milk that contribute to key functions and processes in your body, including: protein, calcium, vitamin D, riboflavin, phosphorus, potassium, vitamin A, vitamin B12, and niacin. In addition, milk is made up of 85% water, making it hydrating as well as nutritious. [Dietary Guidelines](#) for Americans recommend three servings of low-fat or fat-free milk or milk products every day. Learn more about dairy nutrition with the resources below.



**Dairy Nutrition Benefits**



**School Nutrition in Nevada**



**Dairy in Back-to-School Nutrition**



**Flavored Milk Benefits**



**Refueling with Dairy for Young Athletes**



**Milk Hydration**



**Calcium & Vitamin D**



**Size Up Your Serving**



**Perfect Pairings**



**Seven Ways to Use Yogurt**

# Kid-Friendly Recipes

Dairy is especially important for growing kids. Milk offers most of the nutrients kids need in their diet. It's an easy, low-cost option to ensure kids are getting all of the vital nutrients they need to develop strong bones and muscles. Dairy is very versatile and easy to incorporate in recipes alongside all the other food groups, including fruits, vegetables, grains and meat, for a healthy, balanced diet. From quick snacks, like yogurt and string cheese, to milk by the glass or on cereal, there are numerous simple ways to incorporate more dairy into your kids' diet. Try one of our kid-friendly recipes below for something new!

## Breakfast & Snacks



**Egg muffin cups**



**Bacon breakfast pizza**



**Strawberry banana smoothie**



**Yogurt parfait**



## Lunch & Dinner



**Margherita Flatbread Pizza**



**Grilled Cheese**



**Tacos**



**Cheesy Chicken Enchiladas**



**Mac and Cheese**

## Dessert



**Homemade ice cream**



**Homemade frozen yogurt**



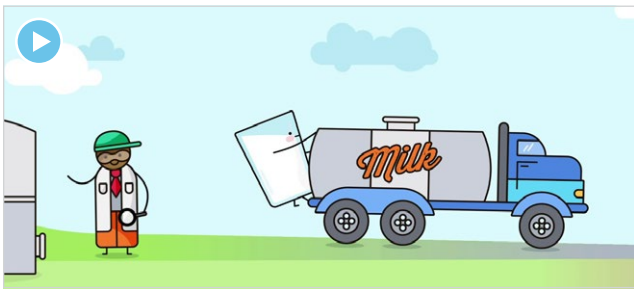
**Homemade Hot Chocolate**



**Strawberry-shortcake sunday**

# On The Farm

Nevada is home to just over 20 dairy farms ranging in size from 500 to 25,000 cows. Our farmers produce milk and grow crops for feed. They are diligent stewards of the land and focus on bringing high-quality milk to our communities. Maintaining milk's freshness and quality is a job that starts on the farm and continues until it gets to your refrigerator. It's important for kids to understand where milk comes from. Explore our resources for milk's journey from farm to table and a look at life on the farm.



**Milk's Farm to Table Journey**



**Cow Care on the Farm**



**Dairy Cow Care**



**Dairy Processing on the Farm**



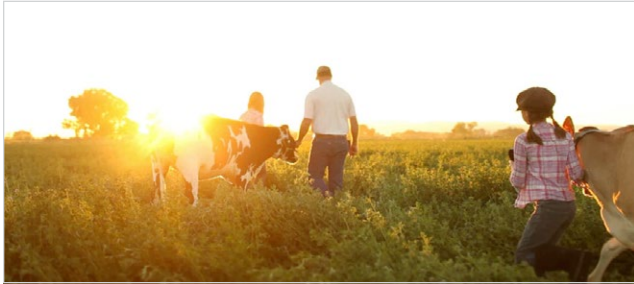
**Sustainability on the Farm**



**Sustainability on Nevada Dairy Farms**



# On The Farm



**Family-Owned Dairy Farms**



**Dairy Industry Employment Impact**



**Ask a Farmer: Kids Edition**



**Perazzo Brothers Dairy**



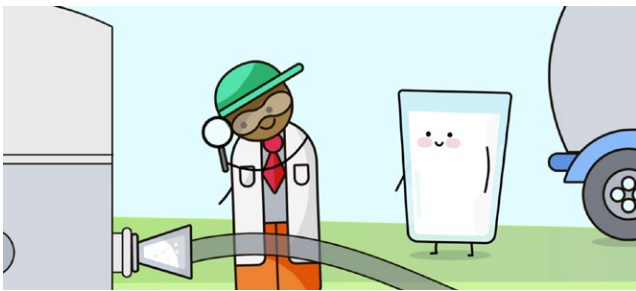
**Perazzo Brothers Dairy**



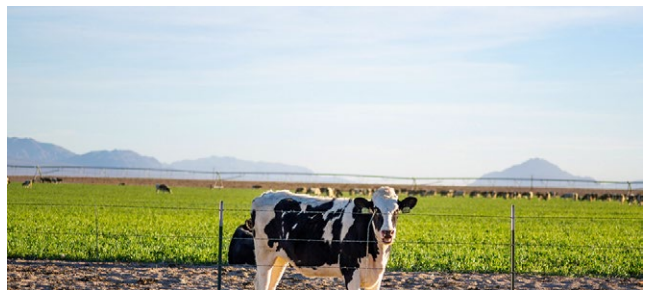
**Cottonwood Dairy Farm**

# Dairy Food Safety

Keeping milk safe is everyone's job. There are many safety steps involved in every part of milk's journey. Each piece ensures the milk and dairy products you and your family consume are always safe, delicious and nutritious. In fact, milk is one of the most regulated foods in the United States. Learn more about milk processing and safety through the following resources.



**Dairy Food Safety**



**Dairy Food Safety During COVID-19**



**Milk Safety on the Farm**



**What is pasteurization**



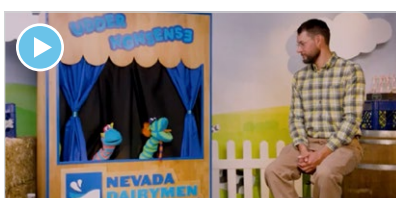
**Dairy Storage & Tips**

# All About Milk

Milk is a nutrient powerhouse with nine essential nutrients, eight grams of protein, and only three ingredients. It's also a healthy source of carbohydrates and hydration. Milk has been the topic of all sorts of debate over the years, but one thing remains the same: its nutrient density can't be beat. Milk is also highly regulated and continuously tested to ensure it's safety and purity for consumption. Bust some milk myths and drink in the truth about this powerful beverage with our resources below.



**Does chocolate milk come from brown cows?**



**Are there antibiotics in milk?**



**Is dairy farming easy?**



**Does dairy cause acne?**



**What is pasteurization?**



**What is powdered milk?**



**Milk Safety, Handling & Expiration**



**Keep Your Dairy Fresh**



**Make the Most of Your Dairy**



# Dairy Fun Activities

Looking for fun and educational resources to expand learning? Check out our options below, from educational coloring books to experiments, we're continually updating our activities section with new things to do.



**Where in the Milky Way  
Coloring Book**



**Daisy Follows the Milk  
Coloring Book**



**Cheese Word Search**



**Making the Milk Mustache**



**Mooga (Dairy Yoga)**



**Mess With Your Milk**



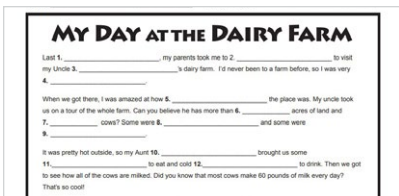
**Color by Numbers**



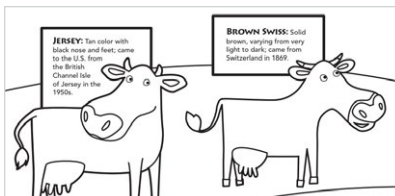
**Meet the Dairy Doodles**



**Connect The Dots**



**Dairy Mad Lib**



**Dairy Breeds Coloring Sheet**

## In The Classroom

Additional educational resources are available.

Contact us for further information or explore the items below.



**Curriculum Kits for School Educators**



**Food Models for Educators**



**FUTP60 Raiders**



## Follow Us On Social

Follow us @NevadaMilk for more information, recipes, resources, updates, and dairy fun!



## Contact Us

If you have questions about dairy nutrition or education, please contact your area representative!

### Northern Nevada

Libby Lovig, RDN, LD

(775) 674-4015

[libby@nevadamilk.com](mailto:libby@nevadamilk.com)

### Southern Nevada

Jake Yarberry, MPH, RDN, LD

(775) 223-7566

[jyarberry@dairycouncilnv.org](mailto:jyarberry@dairycouncilnv.org)