

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 13 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, selenium, zinc, pantothenic acid, iodine, 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



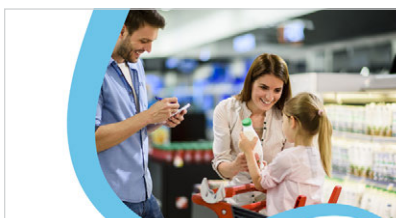
Boost your Immune System



Showing you the Whey



Why we Need Probiotics



Lactose Intolerant



Milk that Fits

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 Bites



Peanut Butter Banana Overnight Oats



Whey Protein Smoothie



Back-to-School Breakfast Favorites



Strawberry Cream Cheese Stuffed French Toast



Dutch Baby Pancake

Lunch & Dinner



Quattro Formaggio Pizza



Süp's Creamy Tomato Bisque



Sea and Land Mac & Cheese



Fresh Pasta Carbonara



Game Day Nachos



Seattle Style Clam Chowder

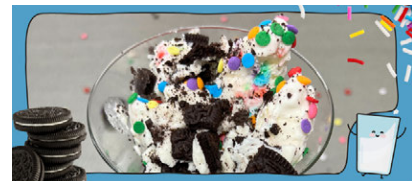
Dessert



Choco Taco



Frozen Hot Chocolate



Oreo & Funfetti Ice Cream



Champurrado (Mexican Thick Hot Chocolate)



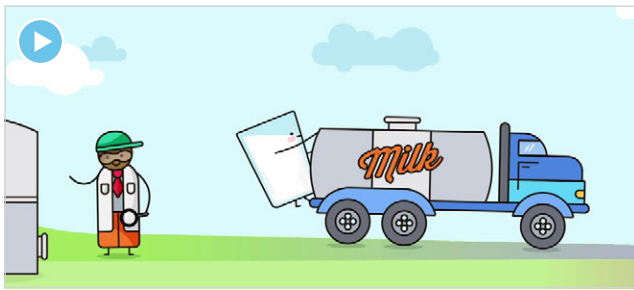
Natilla Colombiana (Columbian-Style Pudding)



Lemon Posset with Fresh Berries

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



Smith Valley Farm Tour



Cow Care on the Farm



Milk Safety on the Farm

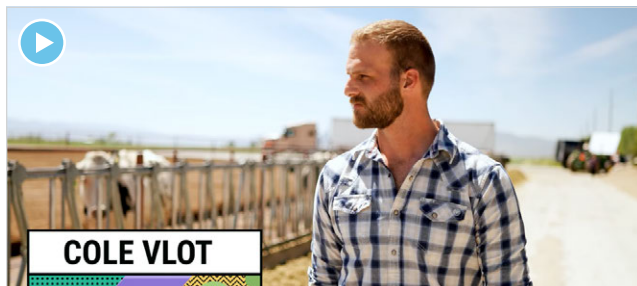


Dairy Processing on the Farm



Sustainability on the Farm

On The Farm



The Scoop with Story: Farmer Interview with Cole Vlot



The Scoop with Story: Sustainability Interview with Cole Vlot



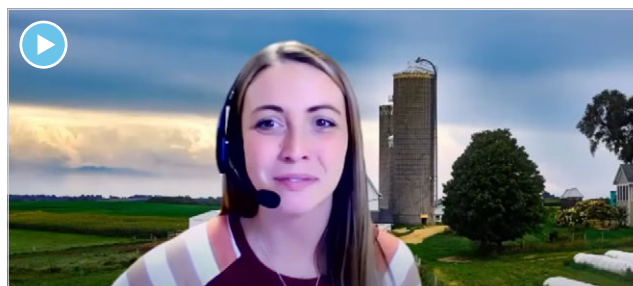
Ask a Farmer: Kids Edition



Perazzo Brothers Dairy



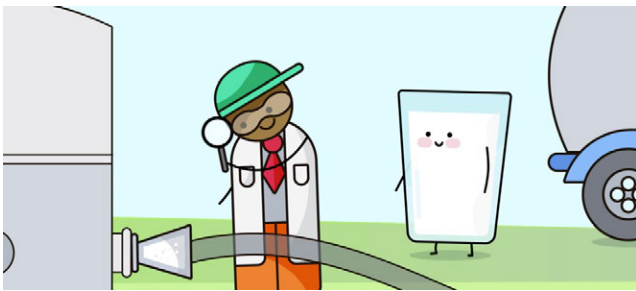
Perazzo Brothers Dairy



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



Make the Most of your Dairy



Milk Safety on the Farm



What is Pasteurization



Dairy Storage & Tips



Keep your Dairy Fresh

All About Milk

Milk is a nutrient powerhouse with 13 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.



The Scoop with Story: Dietitian Interview with Libby Lovig



Does Chocolate Milk come from Brown Cows?



Are there Antibiotics in Milk?



Is Dairy Farming Easy?



Does Dairy Cause Acne?



What is Powdered Milk?

Dairy Fun Activities

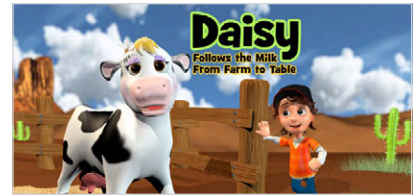
Looking for fun and educational resources to expand learning? Check out our options below, from educational coloring books to experiments, we're continually updating our activities section with new things to do.



Farm to Moment



**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



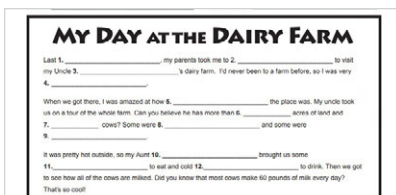
Color by Numbers



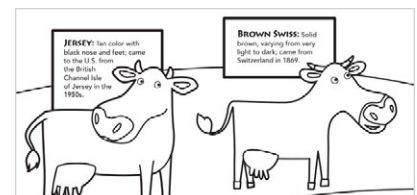
Meet the Dairy Doodles



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



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!

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