

June: National Dairy Month



Dairy Fun Facts

- Calcium and Vitamin D help our bones grow and get stronger
- 97% of all US dairy farms are family owned and operated
- Cheddar cheese is the most popular natural cheese in the US
- The average cow produces roughly 8 gallons of milk per day
- It takes roughly 5-7 minutes to milk a cow
- Cows are pregnant for 9 months just like humans
- Cows typically have their first calf around 2 years old

Adults

Quesadilla With Vegetables- Add a fresh salsa on the side by mixing tomato, red onion, peppers, lime juice, salt & pepper. Try the quesadilla with low fat sour cream or non-fat Greek yogurt.

Mini Caprese Bites- Mini mozzarella balls would also work and a Balsamic glaze would be best. Add fruit like melon balls or berries.

Whipped Cottage Cheese Dip- Top with other things like pesto, roasted garlic, tapenade, marinated tomatoes and onions, roasted corn, and sun dried tomatoes. Serve with veggies and whole grain crackers to dip.



Children

Mac and Cheese With Broccoli-Add carrots for additional veggies.

Spicy Fruit Cup- Add whipped cream or chocolate chips to make it really fun for kids.

Buffalo Dip-use low fat milk and ranch seasoning packet in place of ranch dressing. Add riced cauliflower to add veggie to dip or use a vegan or vegetarian substitute.



Seniors

Basic Quiche - Try a variety of low-fat cheeses together - cheddar, monterary jack, mozzarella, etc.

Watermelon Feta Salad-Firm tofu can be used in place of feta.

Spring Veggie Chowder- use fresh asparagus (it is in season) and add beans for protein.

