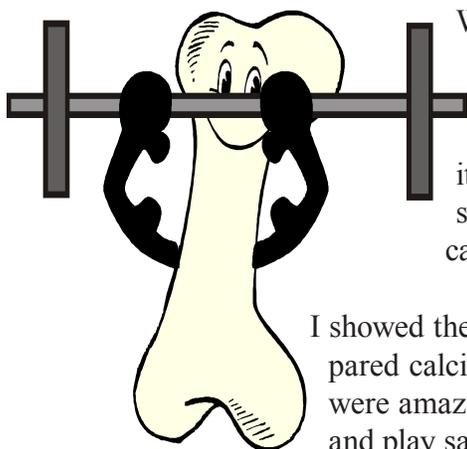




Dear Parent or Guardian,

Our nutrition topic today was the dairy group. MyPlate shows the dairy group as a blue circle. Some favorite foods we talked about were milk, yogurt, cheese and... ice cream! We discussed that these foods come from cows and goats, not just the grocery store.



We discovered that eating from the dairy group helps our bones and teeth grow strong. Milk is packed with protein, which helps us build bigger bones. Dairy foods also provide a mineral called calcium. Calcium does many things for our bodies. But, mostly it makes our bones hard and strong. Dairy foods are our best source of calcium. Protein and calcium are the two reasons we call foods in the dairy group “grow” foods.

I showed the children how much calcium is in a newborn child. We compared calcium amounts at different ages, including adults. The children were amazed! They realized they need to drink milk every day to romp and play safely. They also learned that even adults need to drink milk!

We also learned that the dairy foods with less fat and sugar are healthier choices. Non-fat milk and yogurt and 1% milk give us lots of protein and calcium to grow on. The next healthiest choices are 2% milk, low-fat cheese and yogurt. Ask your child what milk foods are the least healthy. Then, ask how often we should eat those foods (once in a while).



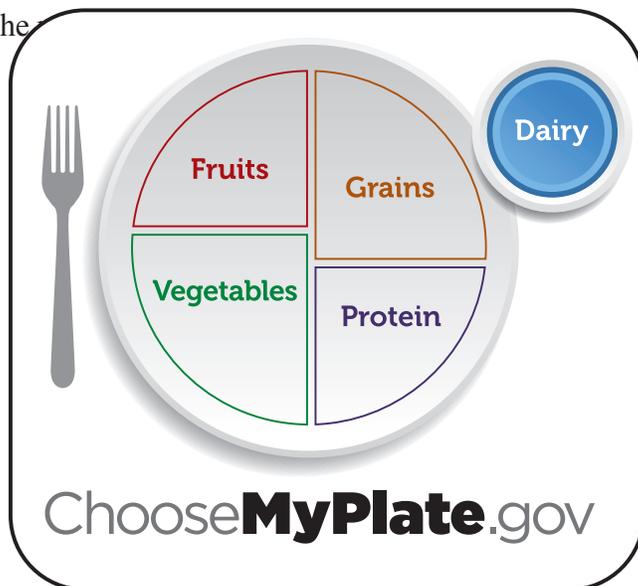
I have to go now. I hope you try my favorite *Blue Moosetache Smoothie* recipe included in this letter. And remember, be a “Healthy Eater!”

Next week I’ll tell you of our adventures with the

Until next time,



Marty Moose



Stay Safe - Keep Cool!

Dairy group foods have protein and other nutrients that help living things grow. Because of this, germs (bacteria, mold, etc.) like to grow in these products, too—especially at room temperature!

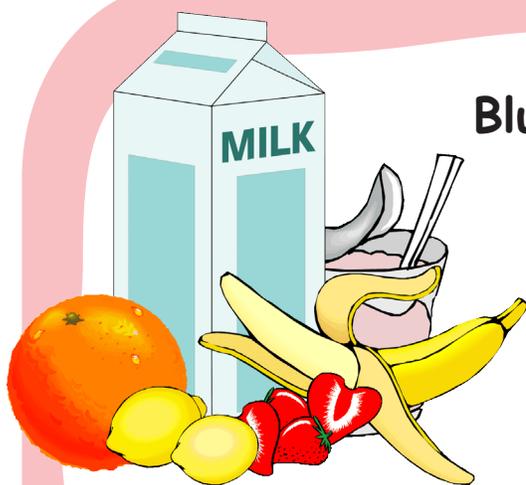
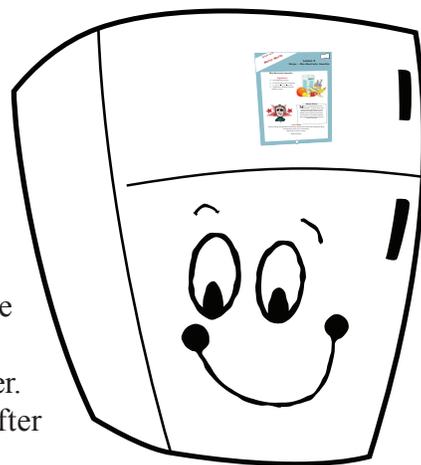
To stay safe, follow these tips:

At the store:

- * Check the expiration date on the carton of fresh milk products (milk, yogurt, sour cream).
- * Check cheese for mold.

At home:

- * Refrigerate all milk-based foods as soon as they get home from the store.
- * Always use clean spoons and knives when serving from the original container.
- * Discourage drinking milk directly from the carton or container.
- * Always return milk-based foods to the refrigerator right after using them.



Blue Moosetache Smoothie

Ingredients

- * 1 cup frozen blueberries or other fruit
- * 3 ounces frozen orange juice concentrate*
- * 1½ cups low-fat or non-fat milk
- * 1 six-ounce container of low-fat blueberry yogurt

Directions

Measure and put all ingredients into blender. Blend until smooth with visible blue flecks from blueberry skins. Serve immediately, drink and enjoy.

Makes four 8-ounce servings.

*When using house-brand orange juice, you may need to substitute some of it with grape or apple juice concentrate to increase sweetness.