

Recipe: Vanilla Cream Cheese Fruit Dip

What better way to add some fun to your fruit than a light and creamy fruit dip? This dip is healthy enough for breakfast, yet delicious enough for dessert.

DIRECTIONS: Using a mixer, simply combine 4oz softened cream cheese, one single serve container of vanilla greek yogurt, a 1/4 tsp pure vanilla extract and one heaping tbsp of honey (or to desired level of sweetness). Beat until smooth and serve with fruit, cookies, or anything else!

Recipe: Ham & Mozzarella Cheese Sticks

A party favorite, these delicious baked mozzarella sticks with ham are perfect for sharing!

DIRECTIONS: Preheat your oven to 350F. On a baking sheet with parchment paper, lay eggroll wraps in a diamond shape and place a slice of ham in the middle. Top the ham with a mozzarella stick (string cheese) and fold the corners of the wrapper into the cheese and roll it up! Place them on the baking sheet seam down and brush each stick with some olive oil and top with salt. Bake for 12-15 minutes until they are brown and crispy then serve and enjoy the cheesy goodness.

DAIRY – A GREAT ADDITION TO ANY MEAL!

Adding dairy products to your daily meals can be a delicious way to ensure you're getting your daily requirement of calcium, protein and other essential vitamins. Here's some ideas to get you started.

BREAKFAST: Make a yogurt parfait or breakfast smoothie or try adding cheese to your eggs or milk to your cereal or oatmeal

LUNCH: Wash down that grilled cheese sandwich, pizza, or macaroni & cheese with a tasty glass of milk

DINNER: A burger with cheese, baked lasagna, adding cheese sauce to your vegetables, or sour cream on a baked potato

SNACK: Enjoy crackers with cheese, a glass of chocolate milk, veggies and dip, or a cheese stick

DESSERT: Whipped cream on fruit, ice cream with your pastry or flavored yogurt are all tasty after-dinner treats

YOUR QUESTIONS UNBOTTLED

To find out more information about dairy production, please visit us at

unbottled.com



FROM FARM TO FRIDGE

How milk and other dairy products make their way into your home



Distributed by
Maine Dairy & Nutrition Council
Courtesy of Dairy West

SAFE TRAVELS

We don't always think about how milk (and other dairy products) make it from the farm to our fridge, but it's an amazing journey. A trip made even more incredible when you consider all the stops it makes along the way to ensure you receive a healthy, high-quality product that's safe, nutritious and delicious.

1 ON THE FARM

Dairy cows are kept happy, healthy and clean with a nutritious diet and comfortable housing.

2 FROM THE COW

Each cow is milked two to three times a day, producing about **100 glasses of milk**.

3 AT THE DAIRY PLANT

The milk is tested to ensure it is **fresh and safe**.

4 TO YOU

It takes as little as **two days** for fresh milk to make its way to the grocery store.

A cow's diet consists of **hay, chopped corn, silage** and a variety of other **natural grains and grasses** that humans can't consume

A cow's daily diet includes

90 lbs of food
30 gal of water

- Dairy farmers upcycle resources like crops and recycle water to produce milk in a more sustainable way
- A dairy cow spends almost half of her day laying down on a bed of sand, straw, sawdust or compost



The cow's milk is collected in the milking parlor



1 First, the cow's udder is carefully cleaned

2 Then, a milking machine gently draws milk out of the cow

3 The milk is cooled to 38°F in a refrigerated tank

4 A refrigerated truck then transports it to the dairy plant



Pasteurized milk offers all the nutritional benefits of raw milk without any risk of harmful bacteria. Here's how it works:

- After testing for antibiotics, the milk is pasteurized and homogenized
- During **pasteurization**, the milk is heated to 161°F
- After 15 seconds it is quickly cooled down to its original temperature of 38°F



15 seconds
161°F

- The milk is then made into a variety of dairy foods (like cheese, yogurt, cottage cheese or ice cream), packaged and sent to the grocery store

Dairy protein helps build and maintain muscles, bones and teeth, so you can grow up healthy and strong

- **Did you know** that chocolate milk's unique makeup has shown to rehydrate better than a commercial sports drink? The natural electrolytes in milk work together to optimize the body's rehydration rate
- **Did you know** that dairy foods are an important part of a healthy immune system?
- Enjoying **three** (8oz) servings of dairy a day can help you meet the recommended intake of vitamins A & D, calcium and protein



Vitamin **A** Vitamin **D** Calcium **Ca**