

# BUFFALO FARM TO SCHOOL



# Dairy



## New York Dairy

- Dairy is the biggest agriculture industry in NY State.
- NY has more than 4,000 dairy farms.
- Most NY dairy farms are small, with between 1–100 cows.
- NY is the 4th largest producer of dairy in the United States.
- NY produces more yogurt, cottage cheese, and sour cream than any other state.
- **BUFFALO SPECIFIC** (not generalizable to other parts of NY State): The milk on your lunch tray comes from Upstate Niagara Cooperative, a Cooperative of over 300 small family farms.

## Nutrition and Health Benefits

- Low-fat and fat-free dairy products like milk and yogurt are excellent sources of calcium, which is an important mineral for building bones and teeth, and keeping them strong as you get older.
- Dairy is rich in potassium, which can help maintain healthy blood pressure.
- Many dairy products are fortified with vitamin D, which also helps build and maintain bones.

## What is Dairy, Anyway?

- Dairy products are made with cows milk.
- Dairy products include milk, lactose-free milk, yogurt, cheese, and butte

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## Dairy Cow Facts

- Cows have 4 stomachs!
- Dairy cows daily diets are planned by nutritionists who know how much protein, fiber, vitamins, and minerals they need.
- Dairy cows eat about 100 pounds of feed each day! This is a combination of grass (also called hay or silage), grains, and other ingredients like almond hulls, citrus pulp, and canola meal. These other ingredients used to be thrown away, but when cows eat them they unlock the energy and nutrients that used to go to waste, and turn it into the dairy products we love to eat and drink!
- Dairy cows produce 6-7 gallons of milk each day. That's 2,300 gallons per year!

## Selecting & Storing Dairy

- Choose low-fat sources of dairy for the greatest health benefit.
- Add dairy products to your cart at the end of your shopping trip to keep them cold.
- Keep your dairy cold: always refrigerate dairy, and keep it in the coldest part of your fridge (not the door).
- Check dairy products for the “best by” or expiration date, and eat or drink them by this date.
- Consume dairy products within 3 days of opening.

## Kid Friendly Eating Tips

- Apples and cheese or whole grain crackers and cheese make a great after-school snack.
- Try yogurt topped with whole-grain granola and fresh or frozen berries for an easy, delicious breakfast—or dessert!

## RECIPE

### YOGURT PARFAITS

#### Ingredients:

- 3 cups vanilla Greek yogurt
- 1 cup strawberries, quartered (fresh or frozen)
- 1 pint fresh blueberries, blackberries, or raspberries

#### Directions:

Layer 1/3 cup yogurt in the bottom of 3 glasses. Alternate layers of fruit, granola, and yogurt until the glasses are full. Serve and enjoy!

### CARROT CAKE OVERNIGHT OATS

#### Ingredients

- 1/3 Cup plain Greek yogurt
- ½ Cup (heaping) rolled oats
- 2/3 Cup milk
- 1 Tablespoon chia seeds or ground flax meal (optional)
- ½ teaspoon vanilla extract
- 0-2 Tablespoons honey or maple syrup
- 1 large carrot, peeled and shredded
- 2 Tablespoons softened cream cheese
- ¼ cup raisins
- ½ teaspoon ground cinnamon

#### Directions

Add all ingredients to a medium mixing bowl, stirring to combine. Scoop the mixture into a jar or container with a tight-fitting lid. Refrigerate for at least 4 hours, but preferably overnight.

Make ahead! Make a few batches of overnight oats and store in the refrigerator for up to 3 days for an easy on-the-go breakfast.

