

DAIRY

This month, Nebraska Harvest of the Month highlights dairy! Your school will be preparing recipes featuring dairy products as part of the school meal program. From fermented foods like yogurt and cheese to milk and lactose-free milk, dairy foods can help give you the nutrients you need to keep your body strong and fueled. Not only is dairy a nutritional powerhouse but it goes from the farm to grocery store in about 48 hours (2 days), making it a local choice!



SELECTION, STORAGE & COOKING

- Store milk, cheese, and yogurt between 35-40° F and in the back of the fridge (instead of the door) to maximize freshness.
- The milk sell-by date is the last day the grocery store should sell the product. You can still use it up to one week past this date when properly refrigerated.
- The softer the cheese, the shorter the shelf life.

NUTRITIONAL VALUE

Milk contains 13 essential nutrients like protein to keep you full, vitamin D and calcium for strong bones, and vitamin A to support a healthy immune system.



FRUIT AND YOGURT PARFAIT

Ingredients

- 2/3 cup non-fat plain or flavored yogurt
- 1/2 cup fruit of choice (fresh, frozen or canned (drained))
- Toppings of choice

Directions:

Layer yogurt and fruit of choice. Sprinkle with toppings of choice.

Fruit Ideas: Bananas, strawberries, blueberries, blackberries, raspberries, apples, peaches, pears, fruit cocktail.

Topping Ideas: Slivered almonds, granola, sunflower seeds, pumpkin seeds, chia, hemp or flax seeds, cinnamon, nutmeg.

SEASONAL AVAILABILITY

Keeping cows in temperature controlled barns ensures you can enjoy the dairy foods you love all year long!



LEARN MORE ABOUT NEBRASKA HARVEST OF THE MONTH
www.education.ne.gov/ns/farm-to-school/harvest-of-the-month









MILK CARTON PLANTERS

MESS
WITH YOUR
MILK



SUPPLIES:

-  Milk carton
-  Scissors or a craft knife
(and your parent's permission to use it!)
-  Duct tape
-  Phillips-head screwdriver
-  Potting soil
-  Herbs or seeds of your choice

INSTRUCTIONS:

- 1** Remove labels from carton, clean with soap and water, and let drain
- 2** Lay carton on long side and cut out one long side—this will be the top! Cover the edges you cut with duct tape to avoid papercuts and maintain shape. Save the piece you cut for step 6.
- 3** On the side opposite where you cut, poke 8-12 holes every few inches
- 4** Get creative and decorate it!
- 5** It's about to get messy! Fill your carton halfway with soil, place your seeds on and fill soil around them up to 1-inch from the top of the carton
- 6** Place the piece you saved from step 2 underneath your planter to protect the surface below

DON'T FORGET!

GIVE YOUR PLANTS WATER AND
SUNLIGHT TO HELP THEM GROW

