

A Moo-velous

Resource & Education Toolkit



Greetings from the Arizona dairy farmers,

We hope that you are well.

We realize that 2020 has posed many new opportunities and hurdles. We also know that new novel resources may be the answer to some of the obstacles. This toolkit has been compiled to provide you with resources to help you instruct at home, school, or anywhere your journey has taken you.

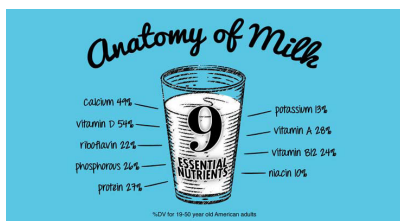
Please upload, download, share, or print any of the materials you find here. There will be new items added often, so come back and [visit](#) for different ideas.

We wish you the best as we all work through this new world.

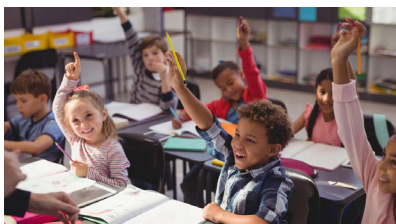
Arizona Milk Producers/Dairy Council® of Arizona

Dairy Nutrition

Dairy is a simple and delicious way to get the important nutrients your body needs. Milk is often known for the calcium it provides, but there are nine essential nutrients in milk that contribute to key functions and processes in your body, including: protein, calcium, vitamin D, riboflavin, phosphorus, potassium, vitamin A, vitamin B12, and niacin. In addition, milk is made up of 85% water, making it hydrating as well as nutritious. [Dietary Guidelines](#) for Americans recommend three servings of low-fat or fat-free milk or milk products every day. Learn more about dairy nutrition with the resources below.



Dairy Nutrition Benefits



School Nutrition in Arizona



Dairy in Back-to-School Nutrition



Flavored Milk Benefits



Refueling with Dairy for Young Athletes



Milk Hydration



Calcium & Vitamin D



Size Up Your Serving



Perfect Pairings

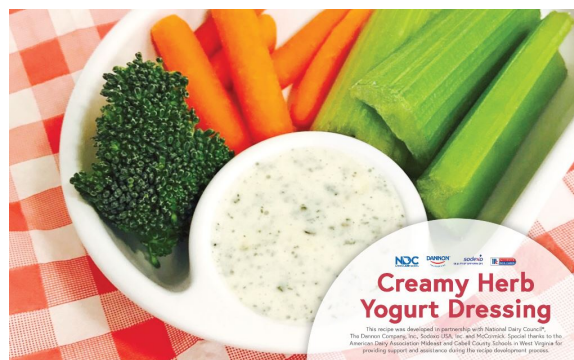


Seven Ways to Use Yogurt

Kid-Friendly Recipes

Dairy is especially important for growing kids. Milk offers most of the nutrients kids need in their diet. It's an easy, low-cost option to ensure kids are getting all of the vital nutrients they need to develop strong bones and muscles. Dairy is very versatile and easy to incorporate in recipes alongside all the other food groups, including fruits, vegetables, grains and meat, for a healthy, balanced diet. From quick snacks, like yogurt and string cheese, to milk by the glass or on cereal, there are numerous simple ways to incorporate more dairy into your kids' diet. Try one of our kid-friendly recipes below for something new!

Breakfast & Snacks



Lunch & Dinner



For more great recipes click [HERE](#)



On The Farm

Arizona is home to 70 dairy farms ranging in size from 1,000 to 30,000 cows. Our farmers produce milk and grow crops for feed. They are diligent stewards of the land and focus on bringing high-quality milk to our communities. Maintaining milk's freshness and quality is a job that starts on the farm and continues until it gets to your refrigerator. It's important for kids to understand where milk comes from. Explore our resources for milk's journey from farm to table and a look at life on the farm.



Milk's Farm to Table Journey



Dairy Farming and the Environment



Composting on the Farm



Technology and Cow Care



Truth: GMOs



Truth: Dairy Cows and Hormones



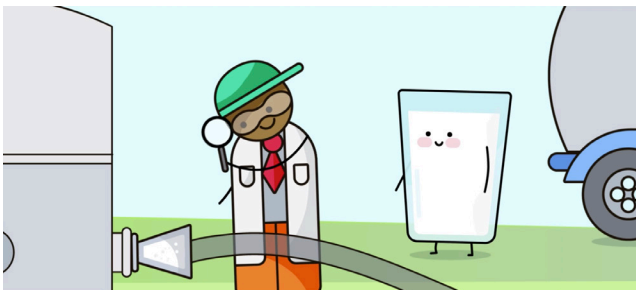
Powered By Poo: Methane Digesters



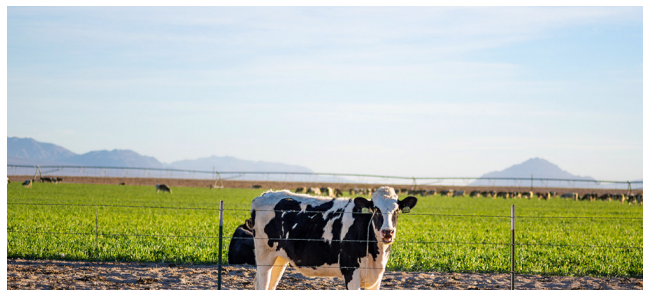
A Day in the Life of a Cow

Dairy Food Safety

Keeping milk safe is everyone's job. There are many safety steps involved in every part of milk's journey. Each piece ensures the milk and dairy products you and your family consume are always safe, delicious and nutritious. In fact, milk is one of the most regulated foods in the United States. Learn more about milk processing and safety through the following resources.



Dairy Food Safety



Dairy Food Safety During COVID-19



Milk Safety on the Farm



What is Pasteurization



Dairy Storage & Tips

All About Milk

Milk is a nutrient powerhouse with nine essential nutrients, eight grams of protein, and only three ingredients. It's also a healthy source of carbohydrates and hydration. Milk has been the topic of all sorts of debate over the years, but one thing remains the same: its nutrient density can't be beat. Milk is also highly regulated and continuously tested to ensure it's safety and purity for consumption. Bust some milk myths and drink in the truth about this powerful beverage with our resources below.



Does chocolate milk come from brown cows?



Are there antibiotics in milk?



Is dairy farming easy?



Does dairy cause acne?



What is pasteurization?



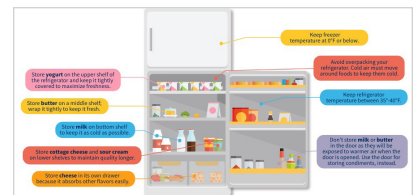
What is powdered milk?



Milk Safety, Handling & Expiration



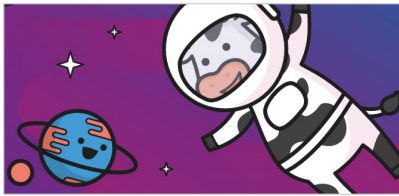
Keep Your Dairy Fresh



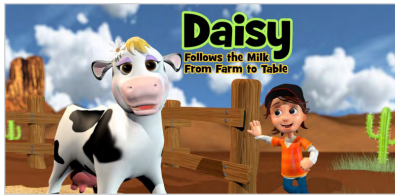
Make the Most of Your Dairy

Dairy Fun Activities

Looking for fun and educational resources to expand learning? Check out our options below, from educational coloring books to experiments, we're continually updating our activities section with new things to do.



Where in the Milky Way
Coloring Book



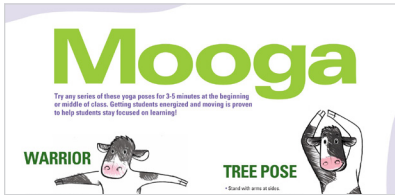
Daisy Follows the Milk
Coloring Book



Cheese Word Search



Making the Milk Mustache



Mooga (Dairy Yoga)



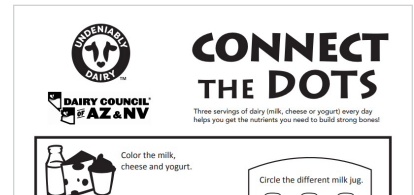
Mess With Your Milk



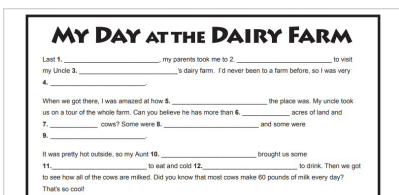
Color by Numbers



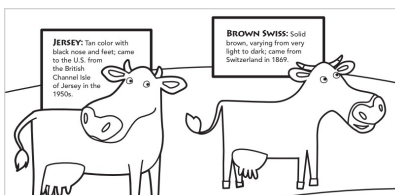
Meet the Dairy Doodles



Connect The Dots



Dairy Mad Lib



Dairy Breeds Coloring Sheet

In The Classroom

Additional educational resources are available.

Contact us for further information or explore the items below.



Curriculum Kits for School Educators



Food Models for Educators



Follow Us On Social

Follow us [@azmilkproducers](#) for more information, recipes, resources, updates, and dairy fun!



Contact Us

If you have questions about dairy nutrition or education, please contact your area representative!

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