



JUNE IS  
NATIONAL DAIRY  
MONTH

# Celebrate JUNE DAIRY MONTH

## REASONS TO FEEL GOOD ABOUT DAIRY

This June, when you put that milk on your cereal, that cheese on your pizza or yogurt in your morning smoothie, it's a great time to raise your bowl, slice or glass to the 7,000 dairy farmers throughout the Midwest who bring you the delicious dairy products you love in celebration of National Dairy Month!

National Dairy Month is not only the perfect time to enjoy nutrient-rich, responsibly-produced, locally-driven and enjoyable dairy products, but it is also the perfect time to visit a farm to connect with your food and see first-hand how your favorite dairy products travel from the farm to your family's table.

• **Dairy is responsibly produced.** 97% of dairy farms are family-owned and -operated. Dairy farmers are committed to caring for their cows, the land and the environment to bring you the dairy foods you love

o Did you know the chocolate milk you're enjoying might be a part of a larger sustainability story? One gallon of milk is now produced with 90 percent less land and 65 percent less water than it was decades

ago. Satisfying your sweet tooth while helping the environment? That's a win-win.

o Through the use of innovative and safe technology, the dairy industry delivers exceptional animal care, quality nutrition and the freshest products around.

• **Dairy is nutritious.** Dairy foods – milk, cheese and yogurt – are simple, real ways to provide you and your family with the energy and nutrients you need.

o Milk, with only three ingredients, is the foundation for all the dairy foods you love.

o Dairy's powerful nutrient package of calcium, protein and other essential nutrients builds strong bones and muscles for an active lifestyle.

o Animal-sourced protein is higher quality than plant protein. To get the same level of quality protein, a person usually has to eat 20%-30% more plant protein than animal-sourced protein.

• **Dairy is local.** The dairy community has a strong, positive impact on local communities across the country.

o Dairy farming and the dairy industry are responsible for nearly 1 million jobs in the United States.

o One in eight American households is food insecure. The dairy community partners with the Great American Milk Drive to help address food insecurity.

o Through Fuel Up to Play 60, the dairy community is helping students in 73,000 schools have access to more nutritious foods and be more active.

o Did you know most people live within 100 miles or less of a local dairy farm? Milk travels from farm to store in about 48 hours—that's pretty amazing!

• **Dairy is delicious.** We are part of all the things you love to eat, and are present at some of the most special moments in your life.

o Dairy is the milk in your cereal, the cheese on your pizza, the yogurt in your morning smoothie.

o Memories made over milkshakes are the best kind of memories!

### Commonly Asked Dairy Questions

**Q. How long are dairy products good for once I open them?**

A. Most dairy products remain fresh for 5 – 7 days after they are opened.

**Q. What temperature should I store my dairy products at?**

A. ALWAYS be sure to keep dairy products refrigerated at temperatures between 36 – 40 degrees. NEVER store dairy products above 45 degrees.

**Q. What is Lactose Intolerance?**

A. People suffering from Lactose Intolerance do not produce enough lactase, the enzyme that digests the main sugar in milk, and experience adverse reactions to milk consumption. Because the milk sugar they consume can not be totally digested and absorbed, gas, bloating or diarrhea may result.

**Q. How can I get enough calcium if I am Lactose Intolerant?**

A. There are many lactose reduced or lactose free milks available for people suffering from lactose intolerance. Also, many people can eat other forms of dairy products, such as yogurt, to get enough calcium.

**Q. What are the active cultures in yogurt?**

A. Yogurt contains many live yogurt Cultures, such as L. acidophilus, B. bifidus, S. thermophilus, and L. bulgaricus, which aid in digestion, help boost the immune system, and help to relieve some vaginal infections.

**Q. Why do I need calcium in my diet?**

A. Calcium is one of the body's most important minerals. It plays a key role in building and keeping strong, healthy bones, helping muscles to function properly, helping blood to clot, and helping nerves to send messages throughout the body.

### SENSATIONAL SUMMER DAIRY RECIPE!

## BACON & PIMENTO CHEESE GRILLED CHEESE

4 Servings

#### INGREDIENTS

##### Pimento Cheese

1 (3/4-inch thick) slice LAND O LAKES® Deli American, shredded  
1 cup shredded sharp Cheddar cheese  
4 ounces cream cheese, softened  
1/4 cup mayonnaise  
1 teaspoon hot sauce  
1/4 teaspoon garlic powder

#### COOKING INSTRUCTIONS

Combine all Pimento Cheese ingredients in bowl; mix until well combined.

Spread 1 side of each bread slice with 1 teaspoon butter with canola oil. Spread 1/2 cup pimento cheese mixture onto each unbuttered side of 4 slices bread. Top with remaining bread slices, buttered-side up.

Heat 12-inch skillet or griddle over medium heat. Place sandwiches into skillet. Cook, turning once, 6-8 minutes or until golden brown and cheese is melted. Repeat with any remaining sandwiches.

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