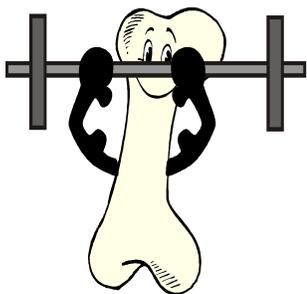




Dear Parent or Guardian,

Our nutrition topic today was the Milk Group. MyPyramid shows the Milk Group as a blue triangle. Some favorite foods we talked about were milk, yogurt, cheese and... ice cream! We discussed that these foods come from cows and goats, not just the grocery store.



We discovered that eating from the Milk Group helps our bones and teeth grow strong. Milk is packed with protein, which helps us build bigger bones. Milk foods also provide a mineral called calcium. Calcium does many things for our bodies. But, mostly it makes our bones hard and strong. Milk foods are our best source of calcium. Protein and calcium are the two reasons we call foods in the Milk Group “grow foods”.

I showed the children how much calcium is in a newborn child. We compared calcium amounts at different ages, including adults. The children were amazed! They realized they need to drink milk every day to romp and play safely. They also learned that even adults need to drink milk!

We also learned that the milk foods at the bottom of MyPyramid are healthier choices. Non-fat milk and yogurt and 1% milk give us lots of protein and calcium to grow on. The middle of the pyramid contains 2% milk, low-fat cheese and yogurt. Ask your child what milk foods are at the tip of MyPyramid. Then, ask how often we should eat those foods.



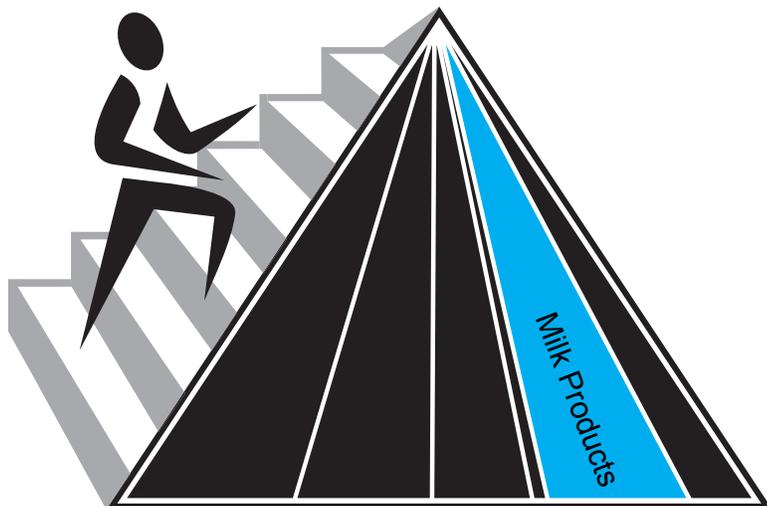
I have to go now. I hope you try my favorite “Blue Moosetache Smoothie” recipe included in this letter. And remember, be a “bottom feeder”!

Next week I’ll share our adventures with the Meat and Bean Group.

Until next time,



Marty Moose



Stay Safe - Keep Cool!

Milk Group foods have protein and other nutrients that help living things grow. Because of this, germs (bacteria, mold, etc) like to grow in these products, too - especially at room temperature!

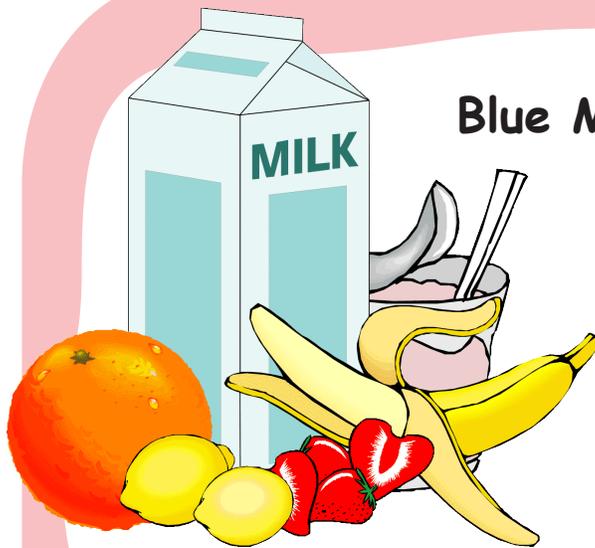
To stay safe, follow these tips:

At the store:

- ✓ Check the expiration date on the carton of fresh milk products (milk, yogurt, sour cream)
- ✓ Check cheese for mold.

At home:

- ✓ Refrigerate all milk-based foods as soon as they get home from the store.
- ✓ Always use clean spoons and knives when serving from the original product.
- ✓ Discourage drinking milk directly from the carton or container.
- ✓ Always return milk-based foods to the refrigerator after using them.



Blue Moosetache Smoothie

Ingredients

- » 1 cup frozen blueberries or other frozen fruit
- » 3 ounces frozen orange juice concentrate
- » 1½ cups low-fat or non-fat milk
- » 1 eight-ounce container of low-fat blueberry yogurt

Directions

Measure and put all ingredients into blender. Blend until smooth with visible blue flecks from blueberry skins. Serve immediately.

Makes four 8 ounce servings.

Drink and enjoy.