From calcium to potassium, dairy products like milk contain nine essential nutrients which may help to better manage your weight and reduce your risk for high blood pressure, osteoporosis and certain cancers. Whether it’s protein to help build and repair the muscle tissue of active bodies or vitamin A to help maintain healthy skin, dairy products are a natural nutrient powerhouse. Those are just a few of the reasons that you should celebrate dairy, not just in June, but all year long!

Child Care Aware® of Kansas is joining the celebration with the Midwest Dairy Council, to share the message and encourage everyone to take the Dairy 3 for Me Pledge. By accepting the pledge, you are committing to getting the recommended three daily servings of dairy to maintain a well-balanced and healthy diet. Visit www.midwestdairy.com for more information.

Mmm-mmm Milk!

Dairy Month

Dairy Provides More for Your Money: Dollar for dollar, no other food offers as much nutrition as milk. At about 25 cents per 8-ounce serving, milk is a bargain, especially when you consider all the liquid assets inside — protein, calcium, potassium, vitamin D, vitamin B12 and more. Yogurt can deliver nearly a third of your daily calcium needs in just one 8-ounce serving, and an ounce of hard cheese, like Cheddar, contains more protein than an egg.

Dairy Is a Nutrient Powerhouse: Dairy foods are full of vitamins and minerals that are important for the health of every family member. Not only is dairy the original clean food, but it’s also local. Transit time from farm to store is only about 48 hours, whereas alternatives may take up to two weeks to make the journey.

Milk has only three ingredients, whereas milk alternatives contain 10 or more added ingredients. While milk provides nine essential nutrients, including calcium, potassium, phosphorus, protein, vitamins A, D, and B-12, riboflavin and niacin. Milk alternatives have fewer nutrients in variable amounts, depending on the type you choose.

Dairy Farmers Are Committed to Sustainability: Dairy farmers have a long history of commitment to sustainability. They are conservationists and use a variety of recycling practices and on-farm efficiencies to reduce their environmental impact. Dairy farmers work 365 days a year to ensure nutritious milk and dairy products are available to families now and for future generations.

Source: Midwestdairy.com

Days to Celebrate in June

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>6</td>
<td>National Gardening</td>
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<td></td>
<td>Exercise Day</td>
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<td>14</td>
<td>Blood Donors Day</td>
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<td>16</td>
<td>Fresh Veggies Day</td>
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<tr>
<td>17</td>
<td>Eat Your Veggies Day</td>
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<tr>
<td>18</td>
<td>Picnic Day</td>
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<td>International Day of</td>
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<td></td>
<td>Yoga</td>
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<tr>
<td>24</td>
<td>Swim a Lap Day</td>
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<tr>
<td>27</td>
<td>Pineapple Day</td>
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</tbody>
</table>

Dairy Month

June is National Dairy Month
**Make S’mores and Sleep Under the Stars!**

June 23, 2018 is the “Great American Backyard Campout.” People across the nation will gather in their backyards, neighborhoods, communities and parks to take part in the annual event. It provides a fun-filled evening for all generations to get outside and connect with nature. This event is designed to promote the benefits of camping, connect people with nature and enjoy the outdoors!

**Sidewalk Chalk!**

Young children love to move. With the nice weather, it is a great opportunity to develop skills while playing outside. Think of different activities that children can do similar to the ones in the picture. When they land on a spot, they perform the action written on that square, such as:

- Touch your toes
- Twirl
- Roar and stomp
- Run in place
- Head, shoulder, knees and toes

**Source:** Pinterest, www.Lifeasmama.com

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**Healthy Eats**

**Overnight Oatmeal with Berries**

**Ingredients:**
- 1/2 cup low-fat milk (or less for thicker oatmeal)
- 1/4 cup Greek yogurt, fat-free
- 2 teaspoons honey
- 1/4 teaspoon cinnamon
- 1/4 teaspoon vanilla extract
- 1/2 cup uncooked rolled oats
- 1/4 cup raspberries, frozen

**Directions:**
1. Combine milk, Greek yogurt, sugar, cinnamon and vanilla extract in a container or jar with a lid.
2. Add oats and mix well.
3. Gently fold in raspberries.
4. Cover and refrigerate 8 hours to overnight.
5. Enjoy cold or heat as desired.

**Source:** https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/overnight-oatmeal-berries

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**DELICIOUS TIPS TO GET YOUR 3 FOR ME**

- Make milk your mealtime beverage
- Substitute syrup on pancakes and waffles with flavored yogurt
- Prepare soups and hot cereals with milk instead of water
- Blend your favorite yogurt and fruits into a smoothie
- Use plain Greek yogurt in place of sour cream or mayonnaise
- Liven up weekday meals with a dairy-inspired bar.
  - Grilled cheese bar: Provide several types of bread, cheese, deli meat, and sliced vegetables
  - Build your own parfait: include a variety of yogurts, fruit, nuts and cereals
  - Individual pizzas: Use pitas or tortillas, tomato sauce, various toppings and cheese
  - Recover from a workout with a tall glass of chocolate milk

**Source:** Midwest Dairy Council

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“Clip and Save”

Makes it easy to clip out and save this healthy recipe before recycling your newsletter.

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Early Childhood Wellness, a Program of Child Care Aware® of Kansas  www.ks.childcareaware.org  1-855-750-3343

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