Dear Parents/Guardians,

You may already know that one of the most important minerals your child’s growing body needs is calcium. But do you know why calcium is so important? Read on! We all want this school year to be simply “moo-velous” for you and your child.

Boning Up on Calcium

A child’s body uses calcium to build strong bones and teeth. In fact, growing bones crave calcium! There’s no need to worry about your child getting too much calcium from foods, either. Bones store any calcium the body doesn’t immediately use and keep it for use later in life. “Udder-ly” amazing!

Great News About Dairy

The top three calcium-rich foods are cheese, yogurt, and milk—all dairy foods. There’s a reason for this. The natural calcium in dairy foods is easily absorbed by the body.

If your child doesn’t like dairy, try incorporating dairy into foods such as fruit smoothies or soups made with cheddar or Greek-style yogurt. Frozen Greek-style yogurt pops are usually a big hit with kids too! Get the recipe here: www.cabotcheese.coop/key-lime-pie-frozen-pops

Did you know?
Naturally aged hard cheeses, such as cheddar, contain 0 mg of lactose!

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Dear Parents/Guardians,

A child’s growing body needs three or four daily servings of dairy to grow strong bones, teeth, and muscles. So how much calcium is this? The chart shows the daily calcium recommendation from the Institute of Medicine. To “cow-culate” the calcium in a single serving, find the daily value (DV) as listed on a food label. Add a zero and you have the amount of calcium in milligrams. Super easy!

<table>
<thead>
<tr>
<th>Age</th>
<th>MG/DAY</th>
<th>SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>4–8</td>
<td>800</td>
<td>3</td>
</tr>
<tr>
<td>9–18</td>
<td>1,300</td>
<td>4</td>
</tr>
<tr>
<td>19–50</td>
<td>1,000</td>
<td>3</td>
</tr>
<tr>
<td>51+</td>
<td>1,200</td>
<td>4</td>
</tr>
</tbody>
</table>

30% DV of calcium equals 300 mg of calcium.

Did you know?
Whole, light, lowfat, and nonfat offerings of dairy foods contain the same amounts of calcium.

Learn About Dairy Farming
Does winter weather have you and your family stuck inside? Or maybe your family is wishing for snow and old man winter isn’t “cow-operating”. Either way, wintertime is a perfect time to tour dairy farms without leaving the comfort of your home. At www.cabotcheese.coop/our-farm-families you can meet the farm families who own Cabot and take great pride in the world class cheddar cheese and dairy products they produce. Check it out!

Packed With “Cow-cium”
A bowl of rich and hearty broccoli Cabot cheddar soup is sure to shake off the winter chills! The soup is scrumptious and packed with calcium—650 mg per serving! Get the recipe at www.cabotcheese.coop/broccoli-cabot-cheddar-soup.
Dear Parents/Guardians,

It's springtime! Your child needs top-level fuel to perform well on end-of-the-school-year tests and to feel energized for outdoor springtime activities too. Starting each day with a protein-packed, calcium-rich breakfast is a win-win for spring. So what's a quick and delicious way to do this? Read on!

A Double Punch of Protein

Regular yogurt delivers a punch of protein—Greek-style yogurt delivers a double punch! Eating protein-packed Greek-style yogurt is an easy and delicious way to amp up protein intake. Give breakfast a creamy and delicious twist by mixing Greek-style yogurt into a bowl of granola or cooked oats.

Lip-Smackin' Smoothie

Have you ever seen a mile-wide grin? You may when you serve this chocolate-peanut butter-banana smoothie for breakfast!

Ingredients
- ½ cup Cabot 2% Vanilla Bean Greek-Style Yogurt
- ½ medium frozen ripe banana, cut into chunks
- ¼ cup lowfat milk
- 2 tbsp. chocolate syrup
- 1 tbsp. smooth peanut butter

Directions
Combine all ingredients in blender until smooth.

Greek-Style Substitutions

Increase protein and reduce calories by substituting Greek-style yogurt in baked goods, sauces, and soups. Be sure to stir the yogurt until smooth before measuring. Get a complete list of substitutions and helpful tips at https://www.cabotcheese.coop/greek-style-substitutions.
Dear Parents/Guardians

It's sum-sum-summertime! Whatever your summer plans may be, you can count on plenty of sunshine, outdoor play, and snacking opportunities. These simple snack solutions are perfect for providing your child with a double dose of TLC—tender loving care and tender loving calcium!

“Cow-bobs” for Kids

Why is eating a snack on a stick so much fun? Well, it just is! And these snacks taste even better to a child when he or she helps prepare them!

- Cheesy Pretzel Bobs: Poke individual pretzel sticks into individual cubes of cheese.
- Fruit and Veggie Bobs: Thread skewers with alternating chunks of cheddar and fruits or veggies.
- Roly-Poly Bobs: Thread skewers with alternating chunks of cheese, a seedless grape, and a rolled-up slice of lunch meat.

“Dairy-licious” Dip

Store this calcium-packed dip for several days. That is, of course, if it lasts that long! Fruits and veggies have never tasted so delicious!

Ingredients

- 1 cup Cabot Lowfat Plain Greek-Style Yogurt
- ¼ cup powdered sugar
- 1 teaspoon pure vanilla extract

Directions

Combine all ingredients and beat with an electric mixer on high speed until light and creamy.

Did you know? A healthy snack is one that includes at least two food groups.

What side of a dairy cow has the most spots? The outside.