

Choose Your Milk Bulletin Board

Instructions

- Slides 2-7 are title slides
- Slide 8 statements can be cut and separated. Position these statements toward the top of the board
- Slide 9 should be positioned above all the flip slides
- Slide 10 can go in the center of the board
- Around slide 10, place slides 11,13, 15, 20 on the outside of a folder and corresponding slides 12,14, 16, and 21 on the inside. Staple the back flap to the board. These are to be interactive flip slides.
- Slide 17 can be placed over a envelope that includes the recipes in slides 18 and 19. Slide 18 recipes can be cut in half.
- Slides 22 & 23 can be positioned towards the bottom of the board.
- Decorate the rest of the board however you would like

Their

Bodies

Change:

So Should

Their

Milk

As their bodies grow, they still need the nutrients of milk, just not the extra fat of whole and 2% milk.

Serving children two years and over 1% or skim milk will give them the same calcium with less fat.

**Lift the tabs to see
what type of milk is
best for your child's
age.**

Milk helps muscles move and refuels muscles after play.

Fat-free and low-fat (1%) milk are heart-healthy.

Protein and other nutrients in milk helps kids grow and build muscles and other tissue.



Your kids and you need calcium and vitamin D for strong bones.

The calcium in milk helps keep teeth strong for a beautiful smile.

Milk is loaded with nutrients, such as potassium and phosphorus that kids and adults need for good health.

My Child is Under Two Years of Age



Lift for the Answer



Whole Milk



- From the age of 1 until 2 years old, whole milk provides nutrients and fat needed for growth.

My Child is older than
2 years of age



↓ Lift for the Answer ↓

1% or Skim Milk



- As their bodies grow, they still need the nutrients of milk, just not the extra fat of whole and 2% milk. Serving them 1% or skim milk will give them the same calcium with less fat.
- It's the milk they'll never outgrow!

I am Pregnant



↓ Lift for the Answer ↓

1% or Skim Milk



- Choosing 1% or skim milk during pregnancy will give you the nutrients your body needs without the added calories and fat of other milks.

Milk Recipes

Please take one.



Heavenly Pancakes

Serving size: 3, 4 inch pancakes

Ingredients:

- ¾ cup whole wheat flour
 - ¾ cup all-purpose flour
 - 3 ½ teaspoons baking powder
 - ½ teaspoon salt
 - 1 tablespoon honey
 - 1 ¼ cups 1% or skim milk
 - 1 egg
 - 1 tablespoon unsalted butter, melted
 - 2 tablespoons apple sauce
- Optional: nuts, mashed bananas, berries

Directions:

- Step 1:** In a large bowl mix together flour, baking powder, salt and honey. Make a well in the center and pour in milk, egg, applesauce and melted butter. Mix until smooth. *Do it together: have your child help put the measured ingredients into the bowl or help stir.*
- Step 2:** Heat a griddle or pan lightly coated with cooking spray over medium-high heat. Pour or scoop the batter into the griddle, using approximately one cup for each pancake.
- Step 3:** Brown on both sides and serve hot. Serve with maple syrup, fresh fruit or low-fat or fat-free yogurt.



Smoothie Fuel

Makes 4, 8oz servings. Time: 5 minutes

Ingredients:

- 2 cups frozen strawberries
- ½ cup blueberries
- 1 banana cut in chunks
- ½ kiwi, sliced
- 2 cups fresh spinach
- ½ cup ice cubes
- 1 cup skim or 1% milk
- ½ cup apple juice



Directions:

- Step 1:** Combine strawberries, blueberries, banana, kiwi, spinach, ice cubes, milk and apple juice in blender
- Step 2:** Blend until smooth
- Step 3:** Pour into an 8oz cup and serve

South of the Border Chowder

Makes 4 Servings, Time: 30 min

Ingredients:

- 2 tablespoons Butter or margarine
- 1 small yellow Onion chopped
- 1 tablespoon all-purpose Flour
- 2 cups canned reduced-sodium chicken Broth
- 2 small Zucchini, diced (about 2 cups)
- 2 cups fresh or frozen Corn kernels
- 1/4 cup canned chopped green Chilies
- 1/4 teaspoon ground black Pepper
- 1 cup skim or 1% Milk
- 2 oz Monterey Jack cheese, coarsely grated (1/2 cup)



Preparation:

Step 1: In a large saucepan, melt butter over moderate heat. Add onion and sauté until soft, about 5 minutes. Stir in flour until well mixed.

Step 2: Stir in broth, zucchini, corn, chilies, and pepper. Bring the mixture to a boil over high heat, stirring occasionally. Reduce the heat; cover and simmer for 5 minutes.

Step 3: Add milk; stirring frequently, heat the soup over moderate heat until it is hot but not boiling. Ladle the soup into bowls and top each serving with an equal amount of grated cheese. Serve immediately

How do I switch
my family to 1% or
skim milk?



↓ Lift for the Answer ↓

Take your time

- Mix whole milk and 2% milk for a few days
- Mix 2% milk and 1% milk for a few days
- Stay with 1% milk. Or if you like, try skim

1% or Skim Milk

For every body 2 and over!

Same Nutrients.

Less Fat.