Dear Parents:

Our lesson this month is about Dairy foods. Milk and foods made from milk are packed with nutrients. They are the major source of calcium in our food supply and we all need to eat dairy foods every day. You never out grow your need for milk, so make it a habit to serve milk products at every meal.

Sincerely,

Beth Brinson
Extension Program Assistant
Family Nutrition Program

Diann Douglas
Extension Agent IV
Family and Consumer Sciences

GET MORE DAIRY INTO YOUR MEALS

Growing children and adults need calcium to build and maintain strong bones and teeth. Serve milk with meals or add flavoring for a snack, hot chocolate is a great snack during the cold weather. Find ways to add milk and other dairy foods to the meals you serve. Here are a few suggestions:

❖ Add shredded mozzarella or Monterey Jack cheese to salads
❖ Use milk instead of water when you make cereal, hot chocolate, mashed potatoes, scrambled eggs, pancakes or soup
❖ Stir flavored low-fat yogurt into fruit salads
❖ Mix 1 cup of plain yogurt with dry soup mix to serve as a dip for vegetables or pretzels
❖ Top casseroles an vegetables with shredded low-fat cheese
❖ Serve frozen yogurt or low-fat ice cream for a dessert
❖ Be a role model to your kids, drink milk with your meals
❖ Add 1 to 2 tablespoons of powdered milk to recipes like meatloaf, soups, or gravies

Source: National Dairy Council & MyPlate

HOW MUCH DOES A YOUNG CHILD NEED?

Young children ages 4-8 years of age need 2½ cups of dairy foods each day. If your child likes milk, serve it at each meal and you are good to go. Otherwise, include milk products with meals throughout the day. Some parents experience a problem with their child drinking a cup of milk at the beginning of a meal, becoming too full to eat the rest of the food. Young children, age 4-5 years of age may fill up quickly when eating a meal, so you may want to serve a smaller portion of 6 ounces or ⅔ cup of milk. Children age 6 and older can drink a full cup with the rest of the meal with no problem. Regardless of the serving at any given time, aim for 2½ cups per day. These foods count as a serving for a young child:

❖ ¼ to 1 cup milk
❖ ⅔ to 1 cup yogurt
❖ 1½ ounces of natural cheese (like cheddar or mozzarella)
❖ 2 ounces of American cheese
❖ ⅔ cup pudding made with milk (a great snack or dessert)

Source: MyPlate

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers.
RECIPE OF THE MONTH

Classic Macaroni and Cheese
Yield: 8 servings

Ingredients:

- 2 cups macaroni
- ½ cup onion (chopped)
- ½ cup evaporated milk, non-fat
- 1 egg (medium, beaten)
- ¼ teaspoon black pepper
- 1¼ cup cheese, finely shredded sharp cheddar, lowfat
- Cooking oil spray

Instructions:

1. Cook macaroni according to directions. (Do not add salt to the cooking water.) Drain and set aside.
2. Spray a casserole dish with nonstick cooking oil spray.
3. Preheat oven to 350 degrees.
4. Lightly spray saucepan with nonstick cooking oil spray.
5. Add onions to saucepan and sauté for about 3 minutes.
6. In another bowl, combine macaroni, onions, and the remaining ingredients and mix thoroughly.
7. Transfer mixture into casserole dish.
8. Bake for 25 minutes or until bubbly. Let stand for 10 minutes before serving.

Cost:

- Per Recipe: $2.82
- Per Serving: $0.35

Nutrition Facts

Serving Size 1/2 cup, 1/8 recipe (84g)
Amount Per Serving

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<th>Calories from Fat 20</th>
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<tbody>
<tr>
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<tr>
<td>Total Fat 2g</td>
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<tr>
<td>Saturated Fat 1g</td>
<td>5%</td>
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<tr>
<td>Trans Fat 0g</td>
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<tr>
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<tr>
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<tr>
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Vitamin A 2%  •  Vitamin C 2%
Calcium 15%  •  Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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<tr>
<td>Dietary Fiber</td>
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Calories per gram:

- Fat 9  •  Carbohydrate 4  •  Protein 4

National Heart, Lung and Blood Institute (NHLBI), Heart Healthy Home Cooking African American Style