Hi, my name is Polly Pride. Did you know that more than 228 dairy farm families, on farms all across the state, take pride in producing milk, Oregon’s 4th largest commodity? Nutrient-rich milk is not only a healthy and delicious beverage for all ages, it is the base for dairy foods such as cheese, yogurt, ice cream, butter, cottage cheese, milk powder, sour cream and cream – all produced right here in my home state, Oregon.

Connect the dots below, in numerical order, to see what the state of Oregon looks like!

COLOR THE COW CLOSEST TO WHERE YOU LIVE.

Each cow shows where you can see dairy farms in Oregon.

Contents adapted from Polly Pride’s Activity and Coloring Book courtesy of Washington Dairy Products Commission.
ALL ABOUT OREGON!

In this crossword puzzle, read the clues and then see if your answer fits in the boxes. I use a pencil so I can erase an answer if it doesn’t fit. Psst, here’s a hint: All of the answers have something to do with dairy foods.

ACROSS:
2. This food is tart and good with fruit.
4. This food is good for snacks and on hamburgers.
6. Milk tastes best when it’s _ _ _ _.
9. All dairy foods are made from this.
10. How many glasses of milk should you drink a day?
11. Kids need this to help their bones grow.
14. A dairy _ _ _ _ _ _ raises cows for milk.
16. Dairy farmers in Oregon take _ _ _ _ _ in their work.
17. Dairy foods are tasty and give you lots of this.

DOWN
1. This dairy food is yellow and good on toast.
3. Everybody’s favorite frozen dessert
5. What you use to eat your favorite frozen dessert.
7. Cheese, milk and yogurt are all_ _ _ _ _ _ products.
8. Milk helps keep your body _ _ _ _ _ _ _.
12. Cows from this state make some of the highest quality milk in the nation.
13. Cheese makes a very good _ _ _ _ _.
15. There are a lot of these in every glass of milk.

WORD BANK:
ENERGY  BONES  OREGON  SNACK
SPOON  DAIRY  GOOD  VITAMINS
HEALTHY  THREE  COLD  CHEESE
PRIDE  FARMER  ICE CREAM  TEETH
MILK  YOGURT  BUTTER  CALCIUM

Polly the dairy cow says

Milk became Oregon’s official state beverage in 1997.

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