Not just milk!

Milk has 9 essential nutrients to keep bones strong for healthy white teeth, shiny hair and strong muscles. Just look at all the yummy things we get from dairy cows!

Milk makes great hot chocolate and is packed with calcium.

YOGURT

Use your favorite yogurt as a topping for granola! Yogurt is also a great source of calcium.

Contents adapted from Polly Pride’s Activity and Coloring Book courtesy of Washington Dairy Products Commission.
Cheese tastes great and has protein and calcium for white teeth and strong muscles, too.

Polly the dairy cow says

Butter adds great flavor to cookies

It takes 10 pounds of milk to make 1 pound of cheese.

It takes 9 pounds of milk to make 1 pound of butter.

Contents adapted from Polly Pride’s Activity and Coloring Book courtesy of Washington Dairy Products Commission.
Add dairy fresh sour cream to your baked potato for lots of flavor.

Packed with protein, cottage cheese goes great with your favorite fresh or canned fruit.

Polly the dairy cow says

Milk produced on farms in Oregon contributes more than $1 billion in economic value. Every $1 million in finished dairy products supports 20 jobs in farming, processing, distribution and marketing.
Top your sundae with fresh, delicious whipped cream.

Treat yourself to yummy ice cream on a hot summer day, for more calcium.

Polly the dairy cow says

A calf is a cow that is less than 1 year old.
Cows’ milk is composed of protein, carbohydrates, water-soluble vitamins, minerals and water (87%). It is especially rich in calcium, vitamin D, riboflavin and phosphorus. Milk is also an important source of protein, vitamin B-12, potassium, niacin and vitamin A.

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