

October is National Farm to School Month

# Ohio Dairy Farm to School Kit

Connect your students – in the cafeteria and in the classroom - to Ohio's dairy farmers who produce milk and other dairy foods!



The American Dairy Association Mideast, in collaboration with the Ohio Department of Education and the Ohio Department of Agriculture, is pleased to provide your school with an Ohio Dairy Farm to School kit.

*The kit includes:*

- 1 Dairy Foods from Farm to Table poster (24" x 36")
- 1 Milk, Cheese, Yogurt - Made Right Here in Ohio poster (24" x 36")
- 10 Dairy Fun Fact mini posters (8.5"x11")
- 4 USDA-approved dairy recipes for the cafeteria
- Classroom tools including dairy farm virtual experiences

To celebrate National Farm to School month, use the kit contents in your cafeteria to highlight the many dairy foods made in Ohio.

The resources on the reverse side can also be used in the classroom to teach Farm to School concepts in science, math, health and other subjects.

\*To download the kit components at their original size, [click here](#).

# Dairy from Farm to School Resources

**Discovery Education:** [www.discoverundeniablydairy.com](http://www.discoverundeniablydairy.com)

## *Classroom Resource - Caring for Cows and Nourishing Communities*

- 360 Video & Hot Spot Dairy Farm Virtual Experiences
- Virtual Dairy Farm Field Trip
- Educator Companion Guides
- STEM Curriculum – Creating MyPlate Lesson Plan
- From Farm to Table Lesson Plan

**American Dairy Association Mideast:** [www.drink-milk.com](http://www.drink-milk.com)

## *Classroom Activities*

- FUTP60 Playbook: Goals & Descriptions
- Make & Taste Dairy: Mozzarella Cheese
- Make & Taste Dairy: Butter
- Science of Cheese PowerPoint
- Dairy Foods from Farm to Fridge Video
- 7 Breeds of Dairy Cows Video
- There's A Lot You Don't Know About Dairy Video
- Healthy Bones Start with Dairy
- Your Skeleton - Feed Your Bones

## *Student Handouts & Activity Pages*

- Milk from Farm to Fridge Infographic
- Farm to Fridge for Kids
- Milk, Cheese, Yogurt - Made Right Here in Ohio
- Ohio Dairy Foods From Farm To Table
- Undeniably Dairy Coloring Book
- Dairy Coloring Page
- Milk from Farm to Fridge Activity Book
- Milk It Activity Page
- Milk from Cow to You
- Stronger Bones are as Easy as 123
- Think Your Drink
- Fuel Up with Milk at Meals

## *Teacher Resources*

- Ohio Dairy Facts
- 35 Fun Facts About Dairy
- GenYOUth Farm to School Youth Perspective
- 9 Ways Milk Can Help Your Body
- 7 Ways Yogurt Can Help Your Body
- 6 Ways Cheese Can Help Your Body
- Milk Nutrition Facts Label
- Cheese Nutrition Facts Label
- Yogurt Nutrition Facts Label
- Flash Cards: Milk vs Dairy Alternatives
- Lactose Intolerance vs Dairy Allergy
- Three Servings of Milk Delivers
- Make the Most Out of Your Dairy

## *School Cafeteria Resources*

- Chef-Inspired School Recipes
- Overnight Oats 101
- Smoothie School Kit
- Milk with Meals, Water Whenever
- 1 Percent Flavored Milk is Back
- MyPlate Guide to School Lunch
- MyPlate Guide to School Breakfast
- Milk Quality Checklist
- Fluid Milk in School Meals Executive Summary



## **For Additional Resources**

National Dairy Council: [www.nationaldairycouncil.org](http://www.nationaldairycouncil.org)

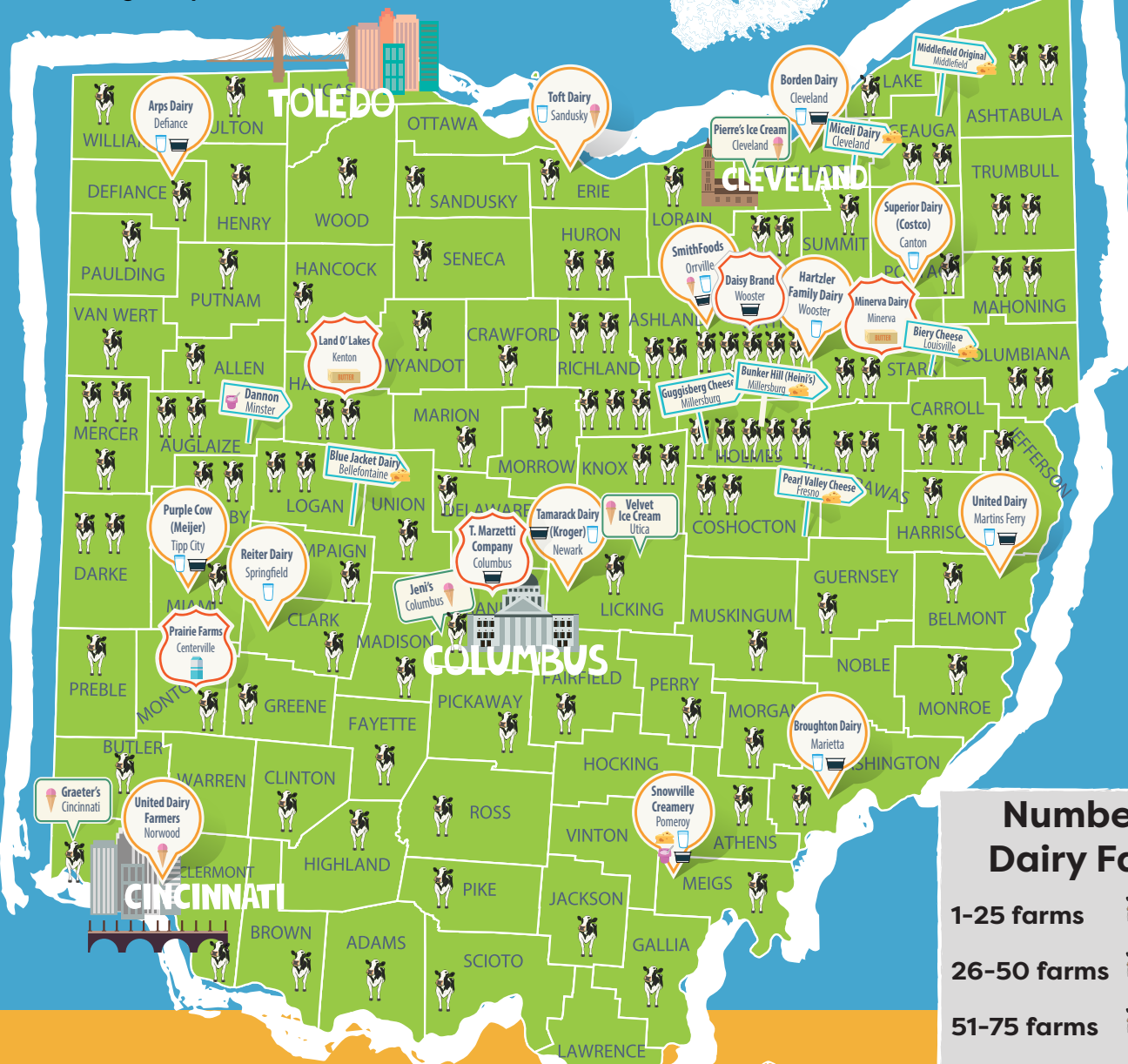
Fuel Up To Play 60: [www.fueluptoplay60.com](http://www.fueluptoplay60.com)

# MILK CHEESE YOGURT



Made right here in Ohio!

Ohio is home to more than 1,600 dairy farms and nearly 65 dairy companies that bottle milk or make cheese, yogurt or other dairy foods! Products from the dairy companies shown below are available in major supermarkets near you. Other Ohio dairy foods can be found in local grocery stores.



## Top 10 Dairy Counties

1. Holmes
2. Wayne
3. Richland
4. Mercer
5. Hardin
6. Ashland
7. Columbiana
8. Tuscarawas
9. Stark
10. Logan

## Number of Dairy Farms

1-25 farms	
26-50 farms	
51-75 farms	
76-99 farms	
100+ farms	

# DAIRY FOODS FROM FARM TO TABLE



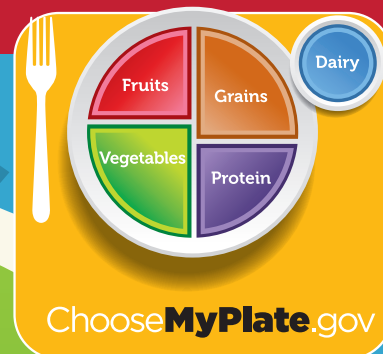
Have you ever wondered where your favorite dairy foods come from? Follow milk's journey from Ohio dairy farms to your table!

## REAL MILK STARTS ON THE FARM

Nutritious dairy foods begin with dairy farmers who provide **excellent care** to their cows and land.

95% of U.S. dairy farms are family-owned

Ohio is home to more than 1,650 dairy farms & about 252,000 dairy cows



## MILK TRAVELS TO THE DAIRY PLANT

To ensure freshness, milk is transported from the farm to the dairy plant at least every **24-48 hours** by insulated trucks. Milk must pass rigorous tests to ensure **quality and safety**.

Dairy foods are among the safest & most tested foods in the U.S.



## DELIVERED FRESH

Milk arrives at your grocery store in as little as **48 hours** or at your school within **72 hours** after leaving the farm.

## MILK MAKES THE GRADE

Milk contains 9 essential nutrients, including **protein, vitamin D and calcium!**

Ohio ranks 11th in milk production

Once it is **pasteurized**, the milk is ready to be bottled or made into cheese, yogurt, and other dairy foods.

Ohio ranks 5th in the number of dairy food companies and 8 of these deliver milk directly to schools



American Dairy Association  
MID-EAST





# DAIRY FUN FACTS



Ohio makes more  
**Swiss cheese**  
than any other  
state!



# DAIRY FUN FACTS



## Milk helps build strong bones and teeth!



# DAIRY FUN FACTS



**Cows can smell food up to  
6 miles away!**



# DAIRY FUN FACTS



October is National

# CHEESE

Month

It takes **20** 8-oz glasses of milk  
to make **1** pound of cheese.





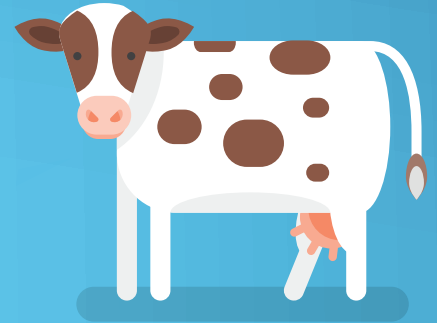
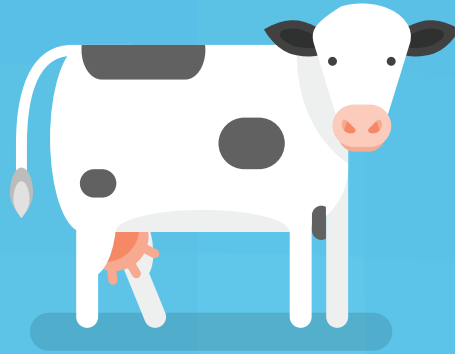
# DAIRY FUN FACTS



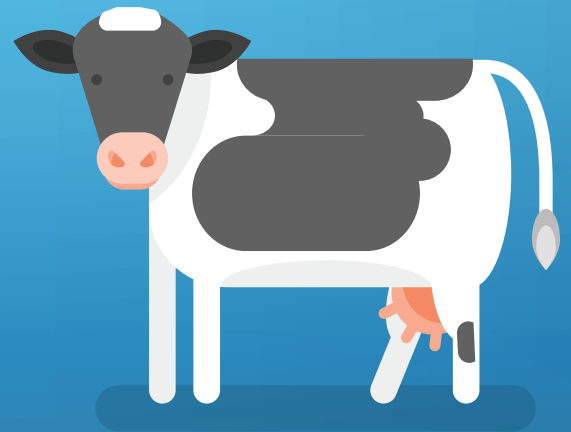
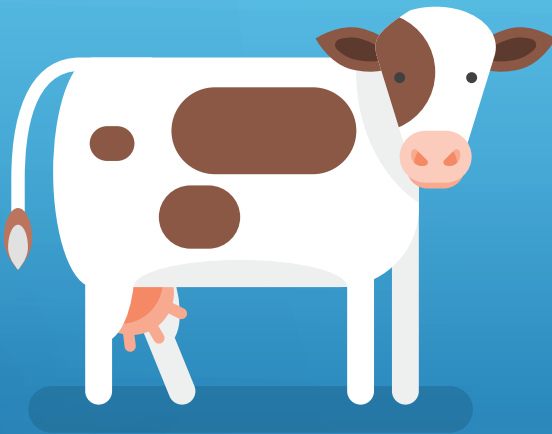
An average dairy  
cow weighs  
**1,200 pounds!**



# DAIRY FUN FACTS



**No two cows have  
the same spots!**



# DAIRY FUN FACTS



**Milk arrives at your school in  
as little as 3 days  
after leaving the farm.**



# DAIRY FUN FACTS



**1 cow**  
makes enough milk  
to fill more than  
**100 glasses**  
each day!

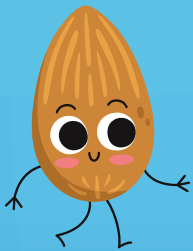




# DAIRY FUN FACTS



**80% of what  
dairy cows eat  
can't be eaten  
by people!**



For example:  
We eat almonds,  
and cows eat the  
almond hulls.



# DAIRY FUN FACTS



**All cow's milk has the same amount of protein, vitamins and minerals.**





## **Buffalo Chicken Parfait**



# Buffalo Chicken Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Yogurt, plain, fat-free	3 qt. + 4 oz.	1. Mix yogurt with all spices. Set aside.
Onion powder	2 Tbsp.	2. Mix cooked chicken with hot sauce. Stir until evenly coated. Set aside
Garlic, granulated	¼ oz.	3. Clean celery. Remove tops and cut into 6 inch sticks.
Pepper, black, ground	½ tsp.	4. Using an 8-9 oz. clear cup, layer: ½ cup ranch flavored yogurt
Chives, freeze-dried	1 tsp.	1 oz. chicken mixture
Parsley, dried	1 Tbsp.	1 oz. Cheddar cheese
Chicken, diced, cooked	2 lbs. + 4 oz.	Place 4 celery sticks into cups
Hot sauce	2 oz.	
Celery, raw	4-½ lb.	
Cheese, Cheddar, shredded	2 lbs. + 4 oz.	
		<b>Notes:</b>

Serving:	Yield:
----------	--------

1 serving provides 3 oz. meat/meat alternate and  
½ cup vegetable.

25 servings

Nutrients Per Serving					
Calories	250 kcal	Saturated Fat	6 g	Iron	4% DV
Protein	27 g	Cholesterol	60 mg	Calcium	30% DV
Carbohydrates	14 g	Vitamin A	2% DV	Sodium	560 mg
Total Fat	11 g	Vitamin C	15% DV	Dietary Fiber	1 g





## **Fiesta Parfait**



# Fiesta Parfait

Main Dish

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Beans, canned Pinto, drained	12-½ cups	1. Drain and rinse beans. Set aside.
Yogurt, plain low-fat	6-¼ lbs.	2. Mix yogurt with Mexican seasoning. Set aside.
Mexican seasoning	¼ cup	3. Layer into 12 oz. clear cups:
Salsa, low-sodium	9 cups + 6 Tbsp.	½ cup drained beans
Lettuce, iceberg	14 oz.	½ cup seasoned yogurt
Cheese, Cheddar, shredded	6-½ oz.	¾ cup salsa (6 Tbsp)
		¼ cup shredded lettuce (credits ⅓ cup)
		Garnish with 1 Tbsp. Cheddar cheese

## Notes:

Serve with tortilla chips for dipping

Serving:	Yield:
12 oz. cup portion meets 1 meat/meat alternative and 2 vegetable servings	25 servings

Nutrients Per Serving					
Calories	160 kcal	Saturated Fat	2 g	Iron	0% DV
Protein	11 g	Cholesterol	12 mg	Calcium	20% DV
Carbohydrates	20 g	Vitamin A	4% DV	Sodium	270 mg
Total Fat	3 g	Vitamin C	2% DV	Dietary Fiber	5 g



# **Apple Pie Overnight Oats**



# Apple Pie Overnight Oats

Breakfast

Recipe HACCP Process: #1 No Cook

Ingredients	50 Servings		Directions
	Weight	Measure	
Oats, rolled, unenriched, quick cooking		3 qts. + ½ cup	<ol style="list-style-type: none"><li>1. In large mixer, combine dry oats, yogurt, milk and cinnamon</li><li>2. Stir in fruit</li><li>3. Measure 10 oz. portion into cups.</li><li>4. Place lids on cups and chill overnight. CCP: Maintain at 41° F or lower within 4 hours.</li><li>5. Optional: Add spices such as nutmeg, or other flavoring for variety. Garnish with sprinkle of cinnamon.</li></ol>
Yogurt, lowfat vanilla		6 qts. + 8 oz.	
Milk, 1% white		6 cups + 4 oz.	
Cinnamon, ground		2 Tbsp. + ¼ tsp.	
Applesauce, unsweetened		2 #10 cans	

## Serving:

Provides ½ cup fruit, 1 grain equivalent and 1 meat/meat alternate

## Yield:

50 servings:

## Volume:

50 servings:  
3 gals. + 3½ qts. + 4 oz.

## Nutrients Per Serving

Calories	209 kcal	Saturated Fat	1.32 g	Iron	0.50 mg
Protein	9.37 g	Cholesterol	9 mg	Calcium	264.17 mg
Carbohydrates	39.42 g	Vitamin A	174.7 IU	Sodium	121 mg
Total Fat	2.63 g	Vitamin C	1.5 mg	Dietary Fiber	3.03 g





# **Lemon Blueberry Chia Parfait**



# Lemon Blueberry Chia Parfait

Breakfast

Recipe HACCP Process: #2 Same Day Service

Ingredients	25 Servings Measure	Directions
Lemon juice, fresh or reconstituted	½ cup	1. Mix lemon juice and milk. Add to chia and oats and stir. Allow to set 4 hours minimum or overnight.
Low-fat or fat-free milk	2 qt. + 1-¾ cups	2. Mix the chia pudding and the yogurt.
Chia seeds	1 cup	3. To make parfait: Layer 3/4 cup pudding/yogurt mix (bottom layer), then ½ cup crushed graham crackers, then top with ½ cup blueberries.
Cereals, regular or quick oats, dry	1 qt. + 2-¼ cups	4. Hold at 41° F. or less (CCP)
Yogurt, low-fat, Greek vanilla	6 lbs. + 4 oz.	
Graham crackers, crushed, plain or honey*	12-½ cups	
Blueberries, fresh or frozen**	3 qt. + ½ cup	

## Notes:

\* 8 whole graham crackers equal approximately 1 cup crushed. Graham cracker crumbs can be substituted for another 1 oz. grain such as teddy grahams, cheerios, or crushed graham pieces.

\*\* Frozen blueberries must be thawed and drained before using. Other fruits can be substituted for blueberries.

Serving:	Yield:	Volume:
Meets 1 meat/meat alternate, 2 grain serving and ½ cup fruit.	25 servings	

## Nutrients Per Serving

Calories	625 kcal	Saturated Fat	3.74 g	Iron	4.91 mg
Protein	15.61 g	Cholesterol	11.14 mg	Calcium	601.89 mg
Carbohydrates	106.35 g	Vitamin A	1697.27 IU	Sodium	386.62 mg
Total Fat	14.92 g	Vitamin C	10.85 mg	Dietary Fiber	10.92 g