

FARM TO SCHOOL: IDEAS FOR THE CLASSROOM & BEYOND



MAKE THE FARM TO SCHOOL PROGRAM WORK FOR YOU

Through Classroom Extensions

Help your class meet a dairy farmer. Go to the Dairy Farming tab of MidwestDairy.com to learn more about the dairy farm families in the Midwest through their stories and videos. You can also request that a local dairy farmer visit your school. Check out the Dairy Stats page to find out how many dairy farms are in your state and other interesting facts about dairy.



GYM CLASS

Run the Bases Contest

Help your class understand the farm to school process. Demonstrate the speed with which milk arrives at school by running the bases. First base is milking, second base is packaging, third base is delivery and home plate is your belly! It's that simple — and almost that fast!



ART CLASS

Build a Sculpture from Empty Milk Cartons!

Try to set a Guinness world record for the largest sculpture made from recycled materials. Last year, 5,000 elementary students from Granada, Spain, built a castle out of 50,000 cardboard milk cartons.

That record was later broken by students who built a sculpture out of recycled hard hats, but you can break that record and win the title!



ENGLISH CLASS

Essay Contest

Did you ever wonder how your milk got from a cow to your glass? Ask your class to take a virtual dairy farm tour and get smart about their food!

Then have your students write an essay about the recycling practices used on dairy farms and ask them to identify three things they can do as individuals to practice better environmental stewardship.

Post the top three essays in your school newspaper and on the school website.

Go to the Dairy Farming tab of MidwestDairy.com to view videos of Midwest dairy farms and get to know the farm families.



MATH CLASS

How Much?

Do you know how much milk a single dairy cow produces every day? Do you know the number of cups of broccoli it takes to equal the amount of calcium in 1 cup of milk? Here are some fun facts to incorporate into your math class:

- Fresh milk straight from the cow is **101 degrees**. That's because dairy cows are warm-blooded animals. Milk is then quickly cooled and kept cold — a refreshing 35-40 degrees — until it's served to you at school.
- A single dairy cow yields about **6 to 7 gallons** of milk per day.
- Today's dairy farms produce almost **three times** more milk than farms of 1960 — and with about half the number of cows.
- Dairy farming provides **130,000 jobs** in the United States.
- A person would need to eat **3 cups** of cooked broccoli to equal the amount of calcium in **1 cup** of milk.
- Manure from dairy farms is used to fertilize crops, increasing the water-holding capacity of soil by **20 percent**, so less groundwater is needed to grow crops.
- **90 pounds** of feed and hay are consumed by a dairy cow each day.

FAST. FRESH.

FROM FARM FAMILY NEAR YOU.

DID YOU KNOW?

- Milk travels from local farm families — to inspection, processing and pasteurization, to you — in 48 hours or less.
- There are 51,000 dairy farms in the United States, and 98 percent of them are family owned.
- It only takes 5 to 10 minutes to milk a cow on today's dairy farms.
- Water used to clean the milking equipment and barn is recycled to irrigate fields to grow crops.
- Manure is recycled and is used by dairy farmers to fertilize their crops and for many of us to fertilize our gardens.
- Chocolate milk provides protein and other nutrients that benefit your body after periods of activity, such as sports practice or competition.
- Students ages 4-8 should consume 2.5 cups per day of low-fat or fat-free dairy products, such as milk, cheese and yogurt. And students ages 9 and older should consume 3 cups per day.

GET YOUR YUM ON TODAY!

Visit the Dairy Nutrition tab of MidwestDairy.com for more information on the nutritional benefits of dairy.

SCIENCE CLASS: Make Your Own Mozzarella Cheese

What you'll need:

- 1 gallon cold fat-free milk and 1 cup heavy whipping cream*
- 1 1/2 tsp. citric acid (diluted in 1 cup cool water)
- 1/4 tab or 1/4 tsp. rennet (diluted in 1/4 cup cool water for 30 seconds)
- 6-to-8-quart stainless-steel pot (aluminum or cast iron won't work)
- Stainless-steel or strong plastic slotted spoon
- 2-quart microwave-safe mixing bowl
- Thermometer that will clearly read between 80-120 F



Prepare your work area:

Wash your hands before you begin making this recipe. Do not prepare any other food while you are making cheese. Put all food products away. Move all sponges and dishcloths away from your work surface. Clean your work surface with soap and water or an antibacterial cleaner.

How to make the cheese:

- STEP 1**
Add 1 1/2 tsp. citric acid (diluted in 1 cup cool water) to 1 gallon of cold milk and 1 cup whipping cream in stainless-steel pot. Heat slowly to 90 F.
- STEP 2**
Remove pot from burner and slowly stir in 1/4 tab or 1/4 tsp. rennet (diluted in 1/4 cup cool water for 30 seconds). Cover and leave for 5 minutes.

STEP 3

Check the curd; it will look like custard and the whey will be clear. If too soft, let set a few more minutes.

STEP 4

Cut the curd into 1-inch squares with a knife that reaches the bottom of the pan. Place pot back on stove and heat to 105 F, while stirring slowly.

STEP 5

Take off the burner and continue stirring slowly for 2-5 minutes. Transfer the curd to a colander or bowl, using a slotted spoon. Notice how the curd is beginning to get firmer as the whey drains.

STEP 6

Continue separating the curd and notice the color of the whey. Drain the whey from the curd, while gently pressing, to aid whey runoff.

STEP 7

Using a heatproof bowl, microwave on High for 1 minute. Pour off the whey. Knead and reheat for 30 seconds, if needed, until curd is 135 F, almost too hot to handle.

STEP 8

Remove curd from bowl and continue kneading. Return curd to microwave, if needed. At this point, if hot enough, it will begin to stretch. Stretch and knead, as you would bread dough. Knead until smooth and shiny.

STEP 9

Form into a ball and drop into ice water to cool, and then refrigerate. When cold, wrap in plastic wrap. Cheese will last for several days, but it's best when eaten fresh.

*Make sure the milk you use is NOT ULTRA-PASTEURIZED.

Use this link to learn more about the science of cheese-making:
<http://www.good.is/post/video-the-incredible-science-of-cheese-making>

View the "The Science of Milk" video found on MidwestDairy.com

October is...



An affiliate of the National Dairy Council

FARM TO SCHOOL: IDEAS FOR THE CLASSROOM & BEYOND

FUEL UP TO PLAY 60

FuelUpToPlay60.com

For Students

Eat Healthy. Get Active. Make a Difference.

Fuel Up to Play 60 engages students to work with adult leaders to make school-related changes that lead to increased access to appealing, nutrient-dense foods and more opportunities for physical activity in a number of ways, including Healthy Eating Plays such as:

From Farm to School: Know Your Foods

Learn about the work of dairy and other farmers in producing healthy, nutritious foods and about the variety of fresh foods available to you today and where these foods come from through the “Know Your Foods” Play.

From Farm to School: Farms Deliver

Learn about dairy farms and farm families in your area, how the farming industry helps take care of the land, and about healthy eating and the nutrients that fresh foods provide through the “Farms Deliver” Play.

For Educators

Fuel Up to Play 60 is a program founded by the National Dairy Council and NFL, in collaboration with the USDA, that empowers students to take charge in making small, everyday changes at school. Both schools and students can earn recognition and rewards by making wellness part of the game plan by choosing good-for-you foods and getting active at least 60 minutes a day, with comprehensive tools and resources that are available online.

For Nutrition Professionals

The expertise and guidance of School Nutrition Professionals is vital to help students “fuel up” with the nutrient-dense foods they often fall short on. These resources can help school nutrition personnel work with the other school stakeholders and the community to help achieve school wellness goals. CEUs are available for Fuel Up to Play 60 participation through the School Nutrition Association.

ACTION FOR HEALTHY KIDS

Game On

ActionForHealthyKids.org

Action for Healthy Kids® fights childhood obesity, undernourishment and physical inactivity by helping schools become healthier places so kids can live healthier lives.



FROM A FARM FAMILY NEAR YOU

Just for Kids Materials

Schools and Community tab/
Educational Resources page
MidwestDairy.com



We have everything right here for you to help students learn more about dairy farming and how milk gets from the farm to your local school.

From a Farm Family Near You

Watch the Video

Join Justin, Emma and Madison as they visit local dairy farmer Dan, tour his family farm and learn how “FAST and FRESH” milk really is. During this four-minute video, students will learn what is involved in producing milk, including caring for the cows, the environment and how technology helps dairy farmers every day.



School Nutrition Professionals

MidwestDairy.com

Click on the School Nutrition Professionals link in the Resource Center or visit the Schools and Community tab.

Check out the Cafeteria Promotion ideas to help promote your programs to students. The Food Safety section offers a milk quality checklist and cold milk fact sheet to help you ensure milk’s freshness and safety.

WHERE GOOD COMES FROM

DairyGood.org

On this site you will find stories reflecting the commitment of dairy farm families to healthy people, healthy communities and a healthy planet.



DAIRY MAKES SENSE

DairyMakesSense.com

This site is brought to you by Midwest Dairy Association, which represents more than 9,500 dairy farm families across 10 Midwestern states. It highlights the many reasons why dairy makes sense – from its nutritional and economic value to the stories behind the dairy farmers who produce wholesome, nutritious milk for you and your family to enjoy. Here you will find nutrition information, tips, stories about Midwest farm families and delicious dairy recipes.



MIDWEST DAIRY COUNCIL

MidwestDairy.com

Designed for educators, and nutrition and health professionals, this site is your one-stop shop for all things dairy. It includes dairy nutrition and educational resources about farming, videos and facts sheets. Find information on Fuel Up to Play 60, child nutrition, flavored milk and lactose intolerance. Meet the people behind the product, Midwest dairy farmers, and even schedule one as a speaker. Also get the latest dairy information, research and news.

In addition, stay connected with Midwest Dairy:

- [Facebook.com/MidwestDairy](https://www.facebook.com/MidwestDairy)
- [Facebook.com/PrincessKayoftheMilkyWay](https://www.facebook.com/PrincessKayoftheMilkyWay)
- [Twitter.com/MidwestDairy](https://twitter.com/MidwestDairy)
- [Pinterest.com/MidwestDairy](https://www.pinterest.com/MidwestDairy)
- [YouTube.com/MidwestDairy](https://www.youtube.com/MidwestDairy)



USDA

Know Your Farmer, Know Your Food

USDA.gov

We know that demand for local and regional foods is strong, as people across the country are looking to connect with their food and those who grow and raise it.

QUICK, GOOD-FOR-YOU DAIRY SNACKS

Orange Cream Chiller



Nutrition Facts	
Amount Per Serving	
Calories 214	
Total Fat 2g	
Saturated Fat 1g	
Cholesterol 5mg	
Sodium 95mg	
Total Carbohydrate 40g	
Dietary Fiber 2g	
Protein 11g	
Calcium 25% Daily Value	

Servings: 2
Prep Time: 10 minutes

Ingredients:

- 3 ounces orange juice concentrate
- 1 cup low-fat milk
- 1/2 cup nonfat Greek-style plain yogurt
- 1 small frozen banana or 3 frozen strawberries
- 1 tsp. honey
- 1/2 tsp. vanilla extract

Preparation:

Place all ingredients in a blender. Blend until smooth. Serve immediately or store in refrigerator.

Rainbow Fruit and Cheese Kabobs

Servings: 6
Prep Time: 15 minutes

Ingredients:

- 6 (8-inch or longer) straws
- 6 ounces Monterey cheese, cut into 18 cubes
- 1/2 cup strawberry halves
- 1/2 cup cantaloupe, cut into 3/4-inch cubes
- 1/2 cup pineapple, cut into 3/4-inch cubes
- 1 kiwifruit, peeled and cut into 6 pieces
- 1/4 cup blueberries
- 6 purple grapes



Nutrition Facts	
Amount Per Serving	
Calories 135	
Total Fat 9g	
Saturated Fat 5g	
Cholesterol 25mg	
Sodium 135mg	
Total Carbohydrate 8g	
Dietary Fiber 1g	
Protein 7g	
Calcium 22% Daily Value	

Preparation:

To make a rainbow for each “kabob,” thread onto a straw a piece of cheese, a strawberry half, a cantaloupe cube, a pineapple cube, another piece of cheese, a piece of kiwi, 2 blueberries, a grape and another piece of cheese. Repeat pattern with remaining straws.



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