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MOOSE NEWS

Longmont Dairy Farm, Inc. (303) 776-8466 www.LongmontDairy.com 920 Coffman, Longmont, Colorado 80501



Dairy Duo Fuels Sports

Build Muscle and Hydrate with Dairy

Longmont Dairy's Pro-to-Go delivers 50% more protein than regular milk to help build muscle. Our **Chocolate Milk** provides superior hydration as a post-workout recovery drink.

Protein is key to rebuilding muscle, supplying the amino acids your body uses to repair muscle fibers. Animal protein is especially effective because it is complete—containing all nine essential amino acids in optimal ratios—is higher in leucine (which helps trigger muscle protein synthesis) and is highly digestible.

Both chocolate milk and Pro-to-Go hydrate your body better than plain water, providing essential electrolytes—including sodium, potassium, and calcium—which help restore fluid balance more effectively. And the natural carbs in milk replenish muscle glycogen stores and enhance protein absorption.

Compared to sports drinks, milk has fewer carbohydrates, more electrolytes, and more protein, making it a superior recovery option. Learn much more about our Sports Drinks at LongmontDairy.com/Sports.

Dairy Duo Quantity Discounts

Get a discount when ordering quantities of **Flavored Milk** or **Pro-to-Go**!

- **Save 75¢ per item** on 4 or more Chocolate and/or Vanilla "Pro-to-Go Protein Milk" in one delivery.
- **Save 50¢ per item** on 4 or more "Flavored Milk" in one delivery. See website for flavors.

AUGUST

Design a Bottle!



Dear Friends,

We hope you have enjoyed reading about the many things that have changed over the last 60 years as we celebrate our anniversary. This month, as we look forward to our **26th Annual Eggnog Contest**, we reflect back on many of the past bottle designs.

Several of our past winners are pictured on the back side with their bottles. The creativity of the kids over the years with a variety of themes—from Santa's Helpers to Creative Stockings—has been amazing!

Thanks to all who have participated in this contest and supported us by sharing the Designer Bottles at the holidays with your friends and family.

Let's see what creative ideas your kids have to commemorate our 60th anniversary.

Take care,

Katie



Hey Kids! Enter the Holiday Eggnog Bottle Contest

Help us celebrate 60 years with your best "Longmont Dairy Classic Christmas" bottle design. Draw your ideas and enter for a chance to see your design on our 2025 Holiday Eggnog bottles. Include the year "2025" in your design. Create your entry using the form on the back side or on a blank sheet within a 4 1/2" x 1 1/2" rectangle. Draw with a black pen or marker to make dark lines. Use only one additional color.

You can enter more than one time. Write your name, age, school and grade, and your parent's name, address, phone number, and milk delivery customer number on the bottom of each page you enter. The contest is open to students who are in grades Kindergarten through 12th grade and whose families are current customers of Longmont Dairy. For more details, visit LongmontDairy.com/contest-rules. Email your entry to contest@longmontdairy.com before midnight on August 10, 2025.

Name: _____ Parent's Name: _____ Age: _____

Address: _____ Customer Number: _____

Phone: _____ School: _____ Grade: _____





MOOO RECIPES



When you need a quick, nutritious, and delicious breakfast option for busy mornings, look no further than this overnight oats recipe that can be made in just a few minutes. Makes 4 servings.

High Protein Chocolate Banana Overnight Oats

- | | |
|---|------------------------------------|
| 1½ c. whole rolled oats | 1 large or 2 small bananas, sliced |
| 1½ c. Longmont Dairy Chocolate Pro-to-Go Protein Milk | 1 Tbsp. chia seeds |
| 1/3 c. creamy peanut butter | 1 pinch kosher salt |
| | 3 Tbsp dark chocolate chips |

Combine oats, Pro-to-Go, peanut butter, chia seeds, and salt in a mixing bowl. Stir to combine well. Gently fold in the sliced bananas, transfer to a tight-sealing container, and chill for at least four hours, or overnight.

When serving, add chocolate chips to top, along with additional banana, if desired. Store in the refrigerator for up to 5 days.



Clip and file in your recipe collection!

Use this QR code to find the recipe online.



Boulder County Fair Parade

The **Boulder County Fair Parade**, which kicks off the fair each year, has been a fun Longmont family event since 1869. It has also been a cherished Longmont Dairy tradition for decades. Susan Boyd is pictured here with "the whole herd" in 2018. Look for our truck again on **August 2!**



New Flavor

Experience the smooth, rich taste of ripe bananas in every sip of our new **Banana Milk!** It's the perfect treat for breakfast or a mid-day snack. Enjoy it on its own, pour over cereal, or blend into smoothies for a deliciously satisfying boost.

Available through the end of August.

It's Peach Season

Colorado Palisade Peaches will soon be ripe and we eagerly anticipate their arrival! Check online for an announcement when they are available in early August.



AUGUST—SEASONAL PRODUCTS

Sweets

BREAD IN THE BOX

Cinnamon Peach Cobbler

MARY'S MOUNTAIN COOKIE DOUGH

Monster & Fudge Fantasy

Meals/Soup

PREFARE—Korean Beef with Rice

GEORGIA BOYS BBQ SAUCES

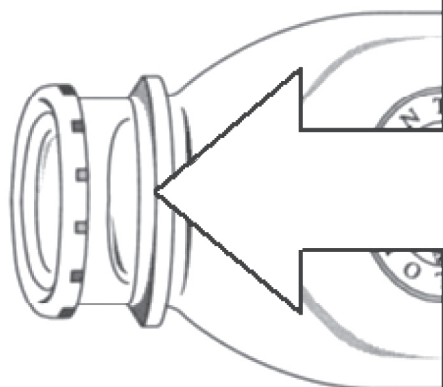
Original, Sweet Heat, & Carolina Vinegar

Meat

ROME'S SAUSAGE—Polish Sausage

CHARCUTNUVO SAUSAGES

Oskar Blues Beer Brat & Pork Jalapeño Cheddar Brat



Design your Egg nog Bottle here, or within a 4 ½" x 1 ½" rectangle.



You can use the above rectangle as a guide. Be sure to include your name and address on the reverse side of your entry.