



VOL. 24, NO. 8  
August 2016

# NEWS

www.LongmontDairy.com

(303) 776-8466

Longmont Dairy Farm, Inc.

920 Coffman, Longmont, CO 80501



## Back to School

*Back to school means back to a good breakfast routine!*

Both kids and adults need to fuel up for a busy day with a nutritious breakfast that provides the energy and nutrients allowing for increased concentration at work and in the classroom.

**Skipping Breakfast:** Kids of all ages have excuses about why they skip breakfast. If you stay up late and get up early, you may wake up too tired or nauseous to eat. Make that bedtime earlier and get up earlier to eat breakfast.

**Weight Gain:** Skipping breakfast is more likely to result in weight gain. A study in the journal Pediatrics found that teens who ate breakfast every day had a lower body mass index than teens who skipped breakfast. Twenty-two percent of breakfast skippers are obese.

**Nutrition:** Breakfast foods provide fiber in cereals and calcium and vitamin D in dairy products, helping to build bones and prevent infections and autoimmune diseases.

Try the quick breakfast recipes we have included in this issue.

Dear Friends,

It's hard to believe summer is already winding down and the kids are preparing to go back to school soon. It seems like it always goes by in a blink. We hope you had a fun filled summer with your families. I definitely enjoyed the hot weather, sitting by a pool and camping with friends and family.

We're thrilled to be carrying Palisade Peaches again as a seasonal item this August. They were such a hit last year, so we decided to bring them back. Enjoy these delicious peaches with vanilla ice cream, in a peach crisp or all by themselves!

Take Care,

*Katie*

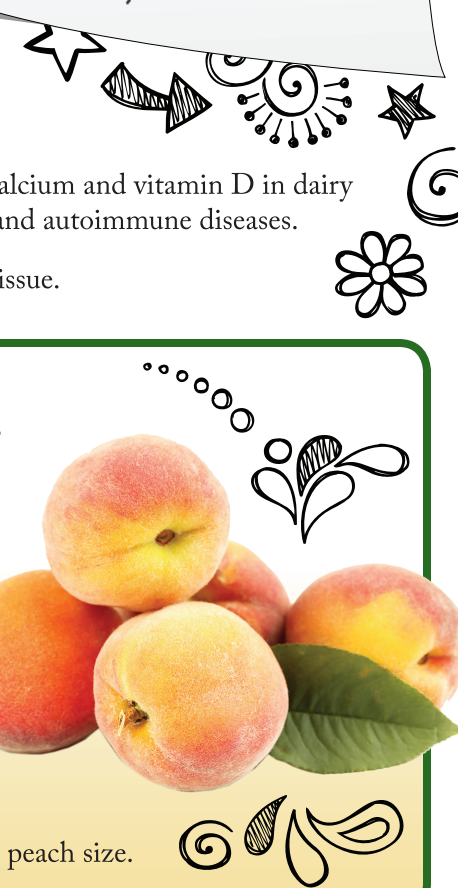
## Colorado Palisade Peaches Coming Again August 1st

We love peach season! There's nothing better than sweet, juicy, Palisade Colorado peaches and ice cream.

Call us at 303-776-8466 to pre-order fresh peaches in August. Supplies will be limited.

8 lb. boxes, delivered to your door, \$19.99.

Boxes contain from 18 to 25 peaches depending on peach size.



# MOOO RECIPES

©2016 Longmont Dairy Farm, Inc.



## Quick Breakfast Ideas

**Oatmeal with Milk:** Make some Enjoy Biscotti Oatmeal with LDF milk. Top with sliced peaches for added flavor. Delicious!

**Breakfast on the Run:** Fill your sports bottle with chocolate or vanilla Pro-to-Go at takeoff!

**Oats and Fruit Smoothie:** (1 serving)  
Refrigerate overnight: ½ cup rolled oats, 6 oz. Noosa Yoghurt, ½ cup LDF milk, sliced fresh fruit (peaches and bananas), and chia seeds. In the morning blend and go!

**Strawberry Smoothie:**  
(2-3 servings) 16 oz. frozen strawberries, 8 oz. Noosa Yoghurt (Lemon, Key Lime, or Pineapple), ½ cup LDF Orange Juice. Blend and serve.

**Fast Egg Sandwich:**  
Combine sliced cheese, Canadian bacon, and scrambled eggs on a buttered English muffin. You are out the door!

**Summer Oatmeal (Muesli):** Mix 2 cups rolled oats, 1 chopped apple, 1 chopped banana, 1 cup LDF milk, 1 cup Noosa Yoghurt, 1 Tbsp. honey, ¼ cup raisins, 2 Tbsp. chopped nuts or seeds. Chill overnight. Enjoy cold in the morning.

**Yogurt and Granola:** Try Honey Noosa Yoghurt, topped with Enjoy Biscotti Granola, for a nutritious start to the day.

For more quick breakfast recipes, visit [MooRecipes.com](http://MooRecipes.com) (sort on breakfast).

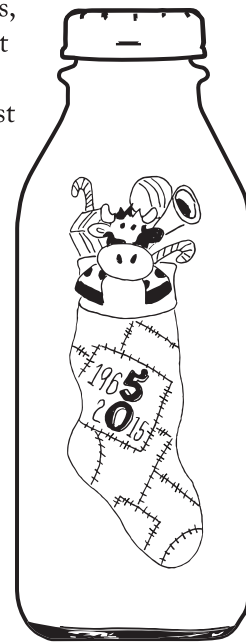


## Kids' Corner



## Eggnog Bottle Design Contest

Hey Kids! Before school starts, draw your best picture of what "Christmas in the Country" looks like. This year the contest is open to kids from K – 12th grade. The deadline is August 14th. Your drawing should fit vertically in a 1.5" x 4.5" rectangle. Please use black lines with only one additional color added. Email your entries (as many as you want) to [amyw@longmontdairy.com](mailto:amyw@longmontdairy.com). Include your name, age, grade, school, phone number, and address on your drawing. For complete rules and a template, visit [Longmontdairy.com/design](http://Longmontdairy.com/design).



## Silly Cow Jokes

Ask your parents these silly cow jokes while you eat breakfast. Share your own cow joke with us on [facebook.com/longmontdairy](https://facebook.com/longmontdairy).

1. Where do cows go for entertainment?
2. Why do cows wear bells?
3. How do you make a milk shake?
4. What do you call the spots on black and white cows?
5. What do you call a sleeping bull?

Answers: 1. To the moo-vies! 2. Their horns don't work! 3. Give a cow a pogo stick. 4. A bull-dozer! 5. A bull-stains.

## Milk Caps for Moola

Save your milk caps to earn money for your school with the Milk Caps for Moola program. Visit [Longmontdairy.com/milk-caps-for-moola/](http://Longmontdairy.com/milk-caps-for-moola/) to learn if your school is signed up. Read about our donations of nearly \$150,000 to help local schools. Almost 285 schools are participating. Is your school?

