

SEPTEMBER

Fall Sports are Back!



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NEWS

www.LongmontDairy.com

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Fuel Up to Play 60

Welcome Fall with Great Nutrition to Fuel Fun Activities and Sports!

As fall returns, sports return. Whether you are actively playing a sport, working out, or jumping up and down when your team makes a goal, the Fuel Up to Play 60 concepts can help you.

Fuel Up to Play 60 is a nutrition and physical activity program developed by the National Football League and the National Dairy Council. It is sponsored locally by the Denver Broncos and Western Dairy Association. The program encourages youth to eat nutrient-rich foods, including dairy, fruits, vegetables, and whole grains, and to get at least 60 minutes of physical activity a day.

Supporters, including parents and community members, can get involved with the program, enrolling their local schools, providing funding and volunteer help, and donating materials, food, equipment, and incentives to support healthy eating and physical activity. The program encourages local sourcing of foods, and schools can adopt a farmer.

Eating well, including nutritious dairy products, and “playing” or staying active for 60 minutes a day, benefits kids of all ages. For more, visit www.westerndairyassociation.org.

Dear Friends,

September is always a month of new beginnings and change. New classes in school, the excitement of fall sports, and autumn living is just around the corner. So what is more fitting than the return of apple cider, cinnamon eggnog, and fresh home baked cookies? All are a great addition to your after-school snacking or fall tailgating parties.

We are so proud to be a part of the Colorado dairy farming community that brings great milk products to you. And, we are excited to tell you all about the “Fuel Up to Play 60” program that we participate in along with the Broncos and many local schools.

Enjoy this energetic time of year!

Take care until next time,

Susan



Photo courtesy of Western Dairy Association.

MOOO RECIPES

Need Energy? Pull Out Your Blender! Try these healthy energy drinks. Just dump into your blender, don't forget the lid, and blend until smooth and frothy.

Orange Mania

1 cup LDF orange juice - 1 small banana, cut up - ¼ cup Peach Noosa Yoghurt. Blend, pour, and dust with ground nutmeg.

Coffee Smacker

½ cup LDF milk - ½ cup coffee - 1 small banana, cut up - 3 Tbsp. Vanilla Noosa Yoghurt - 3 Tbsp. chocolate syrup - 1 ½ cups crushed ice. Blend until smooth.

Cocoa Go-Go

1 cup LDF milk - ½ ripe banana, cut up - 2 Tbsp. honey - 2 Tbsp. unsweetened cocoa. Blend it up and go!

The Flavors of Fall Return

Bake Mary's Mountain Cookies:

Monster Cookie - oatmeal, peanut butter, chocolate chips and M&M's packed into one cookie

Pumpkin Chocolate Chip - a spicy, old-fashioned fall favorite

Let Mary's Mountain Cookie Dough fill your kitchen with the smell of fall and make your baking fast and easy.

Available for delivery on September 1st.

Cinnamon Eggnog - We just can't get enough! Creamy, spicy and just like dessert in a bottle, arrives September 1st.

Apple Cider, fresh from the presses in Palisade, Colorado. Chilled or warm, it's a taste of fall that will bring back memories of family and friends. Great for tailgate parties.



Photo Contest: Your Beautiful Porch!

Enter a photo of your Longmont Dairy Farm Milk Box on your beautiful porch and win!

1st Place Winner will receive an upgraded metal or wooden porch box plus a \$50 credit toward their Longmont Dairy bill. 2nd and 3rd place winners will receive their choice of either an upgraded box or a \$50 credit toward their LDF bill. Photos may be used in Longmont Dairy marketing materials. Winners will be announced in December 2016. You can decorate your porch for any season including the holidays. Just show your LDF milk box with pride!

Deadline to enter is midnight, October 16, 2016. For contest submission details and rules, visit : Longmontdairy.com/porch.

PRODUCTS & PRICES

Prices effective October 1, 2016



DAIRY

Milk [½ Gallon - \$3.04] [Quart - \$2.36]

Whole Milk | Reduced Fat (2%) Milk | Low Fat (1%) Milk | Fat Free (Skim) Milk

Pro-to-Go Protein (1%) Milk [Quart - \$3.83]

Vanilla | Chocolate

[Order 4 or more on one delivery - Quart - \$3.32 ea]

Chocolate (2%) Milk [Quart - \$2.64] [Quart 4-Pack - \$7.99]

Strawberry Flavored (2%) Milk [Quart - \$2.36]

Half and Half [Quart - \$3.65] [Pint - \$2.53]

Whipping Cream [Quart - \$6.15] [Pint - \$3.73]

Cinnamon Eggnog [1 Quart - \$3.99]

(seasonal, available September 1)

Country Cream Butter [1 lb. - \$6.29]

Grassland Spreadable Butter [8 oz. - \$2.99]

Daisy Cottage Cheese [24 oz. - \$5.74]

Daisy Sour Cream [16 oz. - \$3.69]

JUICE & COFFEE

Orange Juice [½ Gallon - \$3.99] [Quart - \$2.63]

Talbot's Apple Juice & Cider [½ Gallon - \$4.29]

(Cider is seasonal, available September 1)

Silver Canyon Coffee [12 oz. - \$13.99] See details online.

EGGS

Egg-land's Best Eggs [1 Dozen - \$4.79]

Cage Free Brown - Grade AA

Egg-land's Best Eggs [1 Dozen - \$4.05]

White - Grade AA

YOGHURT

See flavors online.

Noosa Yoghurt [8 oz. - \$3.09]

[SAVE! Order 6 or more on one delivery - 8 oz. - \$2.69 ea]

Noosa Yoghurt 4-Pack [4, 4 oz. - \$6.79]

Noosa Vanilla Yoghurt [24 oz. - \$7.99]

CHEESE

See flavors online.

Tillamook Block Cheese [16 oz. - \$7.35]

Tillamook Shredded Cheese [8 oz. - \$4.29]

Tillamook Sliced Cheese [8 oz. - \$4.29]

Tillamook Pack-It-Pals [10, ¾ ounce - \$4.99]

Tillamook Cheese Sticks [10, ¾ ounce - \$4.99]

OTHER ITEMS

Enjoy Biscotti Granola 4-Pack [\$5.50]

Enjoy Biscotti Almond Oatmeal 4-Pack [\$5.99]

Hope Hummus [8 oz. - \$3.99] See flavors online.

Mary's Mountain Cookie Dough [3-pound tub - \$10.99]

See flavors online.

ORDER DETAILS

Your cooler is free to use while you are a customer.

Weekly delivery service. Minimum order is three items per delivery.

Delivery fee is just \$1.50.

Prices subject to change.