

Dairy

Harvest of the Month Newsletter | March



GOOD FOR YOUR BODY

Some prominent nutrients provided by dairy products include calcium and vitamin D. Dairy products are the primary source of calcium in American diets. Calcium is important in building bones and teeth and maintaining bone mass. Vitamin D helps to maintain proper levels of calcium and phosphorus in the body, helping to build and maintain bones.



FUN FACTS

- Dairy products include milk and food products made from milk such as cheese and yogurt.
- Pennsylvania ranks seventh in the U. S. in total milk production, with 500,000 cows producing more than 10.2 billion pounds of milk annually.
- Yogurt provides probiotics, or good bacteria, that may help maintain digestive health.
- According to the United States Department of Agriculture (USDA), 98% of American dairy farms are family owned and operated.



HARVEST SEASON

Thanks to the hard work of Pennsylvania's dairy farm families, local milk is available year-round.

TASTY TIPS

- When milk is received, it should be 40°F or less and should be immediately placed in cold storage in a clean environment that is protected from excessive light exposure.
- Store milk between 34°F and 38°F. Milk stays fresh longer if maintained at these temperatures.
- Blend yogurt and fruit together for a calcium and protein-packed smoothie.



Contents obtained from the Pennsylvania Department of Education and Penn State University (Project PA).