

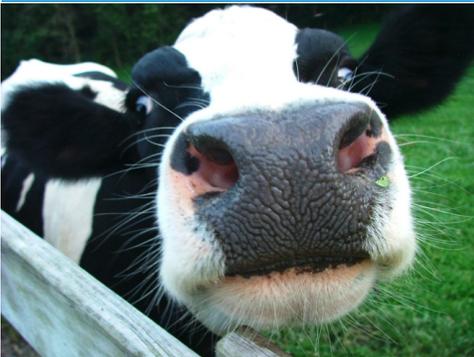


PUT LOCAL ON YOUR TRAY

This month Greenwich Schools are celebrating local

Dairy

MAY



Fun To Know:

1 Milk Ratios

It takes more than 21 pounds of whole milk to make 1 pound of butter. It takes 12 pounds of whole milk to make 1 gallon of ice-cream!

2 Bathtub of Water

One cow will drink about 30-50 gallons of water *every day*. That's about a bath-tubs worth!

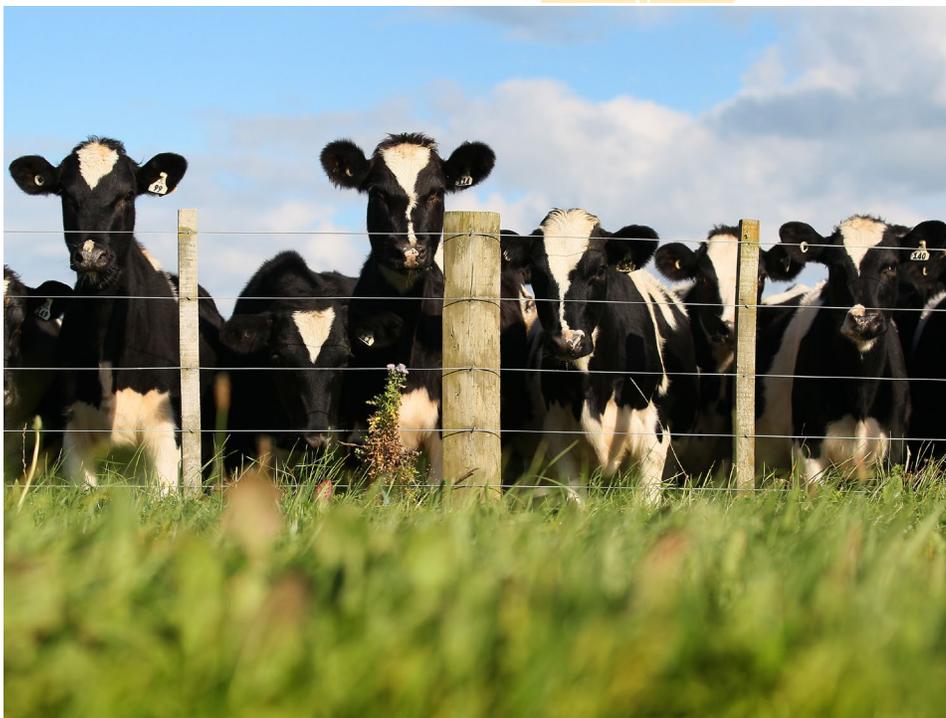
Get your taste buds ready!

This month our cafeteria is featuring local dairy! Did you know that most of the milk served in schools comes from our New England dairy farms?

The Greenwich School Food Service program receives fresh dairy products daily. Try one of our fresh fruit, yogurt and granola parfaits. They're available daily at all schools. Make a meal out of it or try one as a healthy snack.

Tasty Tidbit:

Yogurt with live active cultures can ease digestion, boost immunity, & help you fight infection. And yogurt gives your body the protein, calcium, and other nutrients that all dairy does!



Bring it HOME

Find a farm near you, pick up some produce, and have some fun! Not sure where to go? Visit buyctgrown.com to find local products close to home.

RECIPE

Yogurt Parfait

Ingredients:

- ½ cup of berries (or your favorite fruit!)
- ½ cup yogurt
- ½ cup granola

- 1 In a cup, place a small layer of yogurt for the base.
- 2 Put your fruit on top of this base. Add more yogurt.
- 3 Top off with crunch granola and Enjoy!

Tip: Using a clear cup will show off all the delicious layers of this snack!

ACTIVITY

Marbled Milk Paper



- 1 Cut water color paper to fit inside a casserole dish (or other shallow tray).
- 2 Pour 3-4 tablespoons of milk into the tray (or just enough to cover the bottom of the tray). Add drops of food coloring to the milk then
- 3 Add dollops of dish soap around the tray
- 4 Using a Q-tip or toothpick, swirl the colors. Take a sheet of your pre-cut paper and lay it on top of the milk mixture. Press down and gently lift.
- 5 Let dry completely

Visit *Put Local On Your Tray* online!

www.putlocalonyourtray.uconn.edu

www.facebook.com/putlocalonyourtray

2

UConn

COLLEGE OF AGRICULTURE,
HEALTH AND NATURAL
RESOURCES

EXTENSION

