

*Trying to get into shape?* 

# Try Drinking Delicious Milk Smoothies

Summer is coming and that means it's time to get in shape! Milk is the perfect way to begin. Nutrition figures are based on using Longmont Dairy Milk.

## Peanut Butter & Banana | Breakfast Smoothie

Makes 1 serving, 8 ounces of milk per serving

1 cup Longmont Dairy milk 1 teaspoon reduced fat, all natural peanut butter 1 small banana, frozen or fresh.

Combine all ingredients in blender, and blend until very smooth.

## Apple Pie in a Glass

Makes 2 servings, 6 ounces of milk per serving.

1½ cups Longmont Dairy Milk 3 tablespoons frozen apple juice concentrate ½ cup lowfat vanilla frozen yogurt ¼ teaspoon ground cinnamon

Mix ingredients in a blender. Blend until smooth. Serve and enjoy



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## Berry Dairy Dream

Makes 2 servings, 6 ounces of milk per serving.

1½ cups Longmont Dairy Milk1 cup frozen strawberries or raspberries2 tablespoons honeySplash of Ginger Ale or 7-Up

Combine ingredients in a blender. For an extra creamy dream add 1/2 cup strawberry ice cream or low fat raspberry frozen yogurt.Blend until smooth. Serve and enjoy.

From WhyMilk.com Mooo News, May 2011





# Green is the theme!

All of your poems inspired us. We hope you enjoy reading this year's winning poems. Just by drinking milk from glass bottles, you are contributing to keeping Colorado GREEN! As adult winner, Daphne Biener, says it so well, "Reuse and Recycle hold a promise so dear; Let us pledge 'Save the Earth!' year after year."

Dear Friends,

May is one of my favorite months for many reasons. One of which is that this is the time of year we can start planting flowers in our gardens and enjoy watching them bloom. I love the way that everything outside becomes alive again.

Another reason that I love May is because of Mother's Day. David and I have been so blessed with four children and seven grandchildren.

Although Mother's Day is a time for children to recognize their mothers and grandmothers, it is also a time for mothers to reminisce about their special memories and the joy of being a mother.

I'm so thankful for my family, and I wish all of you mothers out there a very Happy Mother's Day!

'til next time,

Dusan Boyd





# GREN!

# Congratulations, poetry contest winners!

# Elementary School

## K-2nd Grade

#### 1st Prize

Carly G., 2nd Grade Coyote Hills Elementary, Aurora

#### Green, Green! That's our Theme!

Recycle, recycle that's what green means; We can start a wave of recycling change; Doesn't putting bottles and papers in the trash seem strange? Leaves, trees and other green things are counting on you to make the earth sing; Recycling is better, just ask the Longmont Dairy king! Jump on board, it's time to get green; Recycle your trash, that's what I mean! So raise your milk glass, going green is a blast! Follow the three arrows to the Emerald City; Even the Wizard of Oz knows recycling makes the earth pretty!

#### 2nd Prize

Acadia B., 2nd Grade Coal Creek Elementary, Louisville

#### A Cow's Song

Drinking milk makes my bones strong. It makes me so happy that
I want to sing a song.
I sing about a cow on a hill,
She stands so very still.
I sing about the nice air;
The blue birds flying everywhere.
Why do we recycle?
So the ponds stay clean
and so the fish don't get mean...
And the Earth stays GREEN!!!

#### **3rd Place**

Yannink L.., Kindergarten Crestview Elementary

#### Green Star School

Once I was in a school that was green and asked myself, "What does that mean?" We re-use and we recycle, and compost; And, I think that's just the most!

### 3rd-5th Grade

#### 1st Prize

Kira B., 4rd Grade Coal Creek Elementary, Louisville

#### What is Green to Me?

It's preserving the land as far as the eye can see; Fields of grass, soft as silk, is the reason cows give delicious milk!

If we didn't have farmers who care, Giving their grass lots of fresh air, Cows wouldn't eat, and we wouldn't drink. We should all care for grass, don't you think?

> In glass the milk is bottled, If someone did not reuse, they'd be throttled! I'm not trying to be mean, I am just going GREEN!

If no one reused Sand that is fused For several hundred years, We might not have beaches with beautiful moonlit piers. Go green. Drink milk. Be happy.

#### 2nd Prize

Heidi W., 4<sup>th</sup> Grade Faith Baptist School, Longmont

#### The Whitest Milk You Have Ever Seen

You feed me nice green grass, 'til my weight is a huge mass. I can turn that grass into a cup of white milk to drink, It's amazing, don't you think?

Milk makes you strong, your teeth, your bones; It's the most delicious drink, to have with scones.

So let your grass grow tall and green And you will have the whitest milk that you have ever seen

#### 3rd Place

Eli B.., 4th Grade Coyote Ridge Elementary, Broomfield

#### What Green Means

G-reen means to take care of the planet
R-educe reuse, recycle
E-veryone can do it!
E-nvironmentally friendly

# Middle School

6th-8th Grade

#### 1st Prize

N-atural

Alec S., 7th Grade Silver Hills Middle School, Westminster

#### Milk Haiku

Longmont Dairy milk Good for the environment Milk makes your bones strong!

> Wow, this stuff is good! Full of calcium for you Tummy yummy milk!

Your milk comes in glass Recycled to help the earth. To keep our world clean!

Your cows are happy Because they know they help me Start my day off great!

> All natural milk No hormones or icky stuff Just really good milk!

Comes every Monday.

And I wait with baited breath
Until the milk comes!

You guys are so great You make my week really good Thanks, Longmont Dairy!

#### 2nd Prize

Ashley T., 6th Grade Landmark Academy, Commerce City

#### Green

Being Green can save Spring,
It can save the flowers and trees.
Being Green can save the baby birds,
It can keep them singing their songs
And keeping us happy.
So, be Green, and don't you forget,
That you're helping the plants and animals
And there's no greater reward than that.

#### **3rd Prize**

Abby D., 7th Grade Carmody Middle School, Lakewood

#### **GREEN!**

Green

Like the color I turn.

When my brother gets

the last glass of chocolate milk

Like the grass that covers the

hills I roll down, So sweet and soft.

Like the theme of my favorite holiday,

Everything Irish and happy.

Like the buds of my apple tree,

So delicate and full of life.

Like the paint on my walls, Filling my room with light.

Like the moss on the rocks by the stream,

So unique and giving..

Like the recycle bin telling everyone that we need to help our earth.

Like the planet we live on,

So sweet, soft, delicate,

full of life, unique and giving. Like the lives we need to live,

To keep the planet that way Green

# High School 9th-12th Grade

#### 9th-10th Grade 1st Prize

Alex L., 11<sup>th</sup> Grade Dakota Ridge High School, Littleton

#### More Than a Color

Green is more than the grass that grows on the ground; is more than the caterpillars crawling around.

Is more than the leaves, that hang from a tree, Green is the actions of you and me!

Green is the way that we treat this earth; The measures we go to, to show what it's worth

"Reduce, reuse, recycle," they say; The slogan that will help our planet today.

Cut down on our uses of paper and gas; For as long as we do, there will be more to last. Reuse what we can, like shopping bags, And look for green labels on food-product tags.

Recycle our boxes, jars and cans Paper and plastic, it helps this land

It is especially important to reuse your bottles; Longmont Dairy is a quite the model.

Doing what we can, to make this world clean. Will help us achieve an earth that is green!

So whatever we do, do it with care Green is more than color, it is a planet we share!

#### 2nd Prize

Sara T., 10<sup>th</sup> Grade Frederick High School, Frederick

Green is never just a color.
It's a way of helping each other.
Ride a bike or plant a tree.
Do what green means to you - for free!
Not a dime will leave your pocket,
Yet your planet's health will sky rocket.
Green is different for every person,
But another's beliefs

shouldn't lead to cursin'. We've only got one planet here. So let's work together to keep it clear.

#### **3rd Place**

Mae G.., 9<sup>th</sup> Grade Monarch High School, Superior

#### Reduce, Reuse, Recycle!

Reduce, reuse, and recycle, Let's make this world green, Whether it's riding your bicycle, Let's start a routine, To make this wonderful world clean!

Reuse water bottles, Be a great role model, Recycle cans, paper, and jars.

To achieve these goals, there is no need to go far. Reduce the amount of pollution, This is not the only solution.

Longmont Dairy Farm, Causes absolutely no harm, It is a great way to go green, Always keeping the Earth clean!

# Adult

#### 1st Prize

Daphne Biener, Louisville

Spy, for a moment, on a bucolic scene—
Glass bottles wait on a suburban porch,
The household within pledged they're going green!
For future generations they'll carry the torch

Though the milk that they drink Keeps them healthy and strong. There is more to consider, Earth's life must be long.

So they'll plant vegetables to eat. They'll compost, recycle and more; When the glass bottles are drained, They become new kitchen decor.

Thus, our family feels purposeful; Ensuring their own planet's bliss. They themselves take the steps; Sharing ideas such as this.

Let's be green, like the grass that lushly grows. And smart, like the child who innately knows That Reuse and Recycle hold a promise so dear; Let us pledge "Save the Earth!" year after year.

#### **2nd Prize**

Sara Haberkorn, Highlands Ranch

I have a little diddy and I'm here to say
I'm goin' green in a special way
I bring my bag when I go to the store
I get milk in glass bottles delivered to my door
Turn down the heat, to limit the power
Get myself outside and plant a flower
I leave the car parked and ride my bike
A cleaner earth we all will like!



Milk delivered in glass bottles REUSE • RECYCLE