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MOOO NEWS

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Longmont Dairy Farm, Inc.

FEBRUARY Healthy Kids!

Healthy Weight Gain

Difficulty gaining weight seems like a problem we would all love to have. But for some, typically young, growing children or the elderly, gaining weight is difficult.

We recently heard from Amy Kessel about her son Logan. He is a very active, growing young man, playing Lacrosse, soccer, hiking and kayaking with his family. Expendng all that energy requires healthy calorie intake to supply his body with nutrition. Here is what Amy wrote.

"Hi! I just wanted to let you know how much I appreciate your quality product, home delivery, and amazing customer service. My 11 year old son is very slender and at a doctors visit, we learned that he had become dangerously so. It was important to help him gain some weight as quickly as possible. It was also important to me that he gained his weight in a healthy way. At a 3W race expo, I spoke with Kathy (from LDF) about my son. She suggested protein milk, chocolate milk, Noosa Yoghurt, and your full fat milk. Two months later, at a weight check, we learned that he had gained almost 7 lbs. WOW! Needless to say, we are thrilled!! Thank you so much for helping me feel good about the food I am feeding my family. Amy Kessel"

We recommend talking to your doctor about a nutritional plan customized to your lifestyle. Remember that dairy products are a reasonably priced source of protein and other vital nutrients. Logan would confirm that they also taste great.

Dear Friends,

One of my favorite things about being a part of Longmont Dairy is hearing great stories like Amy Kessel shared, about her son Logan, that you can read about in this Moo News. Knowing that our products helped her son to become healthier makes all of us here very happy.

In December, I went to visit with the school that was responsible for turning in the 2 millionth milk cap for our Milk Caps for Moolala program. We threw them a party for helping us hit that goal. The 6th graders at Vikan Middle School in Brighton were so grateful that we brought them milk and cookies to celebrate. I even heard one kid say, "The milk is even better than the cookies." That's not something you hear a kid say every day.

I'm thankful for all of our wonderful customers and I LOVE hearing about all the kids that will only drink Longmont Dairy Milk.

Take care,

Katie

Logan Kessel plays Lacrosse on the Junior Buffs team at the Boulder YMCA.



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Amy's Mexican Corn Dip

- 2 cans Mexicorn (drained)
 - 1 cup mayonnaise
 - 1 cup Daisy Sour Cream
 - Tops of 3 bunches of green onions (sliced)
 - 1 small can green chilies (diced)
 - ½ cup jalapenos from a jar (chopped)
 - 1 8-oz package of shredded Sharp or Colby cheddar cheese
 - 1 8-oz block of cream cheese (or jalapeno cream cheese)
 - 1 packet Fiesta Ranch dip mix
 - Tortilla chips for serving
- Combine all ingredients and refrigerate. Prepare the day before for best flavoring.

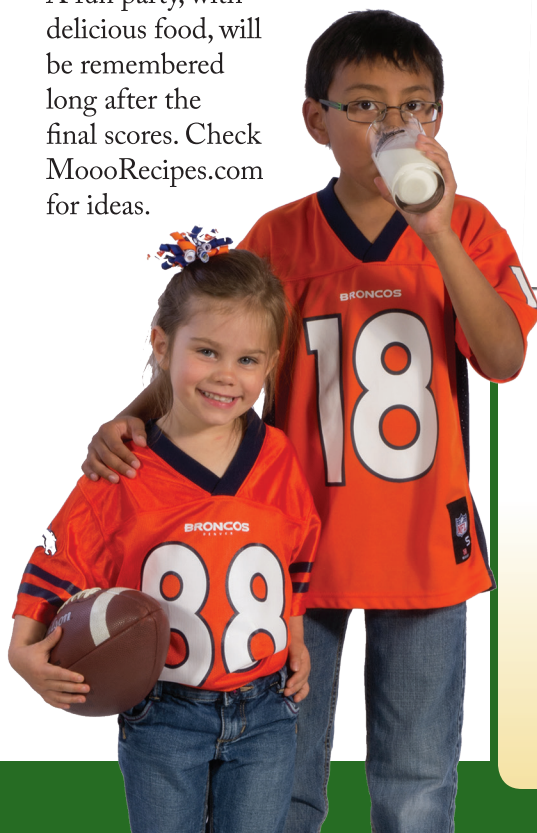
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Stock up on Hope Hummus and buy veggies or pita chips for grab-and-go dipping at parties.



Celebrate a Great Season of Football with a Party!

A fun party, with delicious food, will be remembered long after the final scores. Check MooRecipes.com for ideas.



Tips & Reminders



Freezing Cold Weather!

Place a blanket next to or in your milk box and we will bundle up your box to prevent freezing.

Remove the cap and thaw frozen milk in the sink. It's still good to drink. Refrigerate promptly.

Yummy Hummus Dip

A quick and easy recipe.

- 8 oz. Hope Hummus - Original flavor
- 1 cup Daisy Sour Cream
- 2 tsp. lemon juice
- A dash of Tabasco® sauce
- Pita Chips (try Rosemary flavored chips)

Whisk all ingredients together in a small bowl and transfer to serving bowl. Serve with chips.

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Katie Herrmann visits with students and teacher Mrs. Rhodes at Vikan Middle School.



Treats for your Sweetie

25¢ Off!

Happy Valentine's Day! Start your day with a glass of Longmont Dairy Strawberry Milk.

Special price \$2.07 during February.

Offer good for deliveries between February 1 and February 29, 2016.

