



LONGMONT DAIRY
DELIVERY

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MOOO NEWS

Longmont Dairy Farm, Inc. (303) 776-8466 www.LongmontDairy.com 920 Coffman, Longmont, Colorado 80501



MAY

Happy Mother's Day!



Dear Friends,

Happy Mother's Day to all of the amazing Moms out there! I know that it can be the hardest but also the most rewarding job. I am blessed to have two of my own children and two bonus kids and am happy to celebrate being their mother.

I hope you have fun reading through the poems. I say this every year, that I truly love reading the poems that come in. The creativity and humor of the kids and teens writing these poems is quite impressive. Thank you to all of the wonderful kids and teens that participated in the poetry contest. We appreciate you!!!!

Take care,

Katie

Congratulations, Poetry Contest Winners!

We loved the creative poetry we received about **"If My Cow Went to the Olympics."** Thank you, poetry contest entrants, for all of your hard work!

Poems were judged by age group, and the winners, from Kindergarten through 8th grade, are included in this issue. These poems will also be posted online.

There were so many great poems that it was hard to select winners! We hope that you enjoy reading them as much as we did and that they will bring a smile to your face. Remember to read the honorable mention poems online at LongmontDairy.com/poetry-contest.



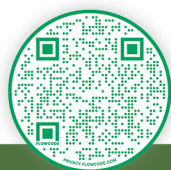
Protein and Senior Health

Several nutrients are important, especially for those of us in the "senior" category, and protein is high on that list for long-term health.

Protein is critical to maintain muscle mass. We all start to lose muscle unless we continually combat this process. Harvard Medical School says that we naturally lose from 3% to 5% of muscle mass each year. Most men lose 30% of their muscle mass during their lifetimes.

Protein provides amino acids, which are the building blocks of muscle. Health Magazine says, "Your body depends on a consistent intake of amino acids, through protein-rich foods, to maintain its muscle mass and prevent muscle breakdown. This can only occur when there is a net positive protein balance."

Fortunately, it's not hard to get enough protein! Milk is one of the easiest ways to achieve good protein intake. Eggs and yogurt round out the mix followed by a small portion of meat. Just three 8-ounce glasses of milk provide 24 grams of protein. Our delicious Pro-to-Go provides 14 ounces of protein in one 8-ounce glass. Milk has you covered!



Use this QR code to find the details of the article online.

CONGRATULATIONS, 30TH ANNUAL POETRY CONTEST WINNERS! "If My Cow Went to the Olympics"

K-2nd Grade

1st Prize

Jackson R., 2nd Grade
Goldenview Classical Academy, Golden

If My Cow Went to the Olympics

If my cow went to the Olympics it would play some soccer.
When she tried to make a goal another cow would block her.

When her team made a goal the other fans all shouted, "BOOO!"
And her team all shouted, "MOOO!"

It was Longmont against the Royals and Longmont was in the lead.
When a cow shouted, "BOOO" it caused a stampede.

Longmont won and came home with medals.
The Royals lost and rode home on their tiny pedals.

2nd Prize

Rishi P., 2nd Grade
American Academy @ MB, Parker

If My Cow "MINDY" Went to the Olympics

Summer MOO-lympics are you ready?
To welcome my dear MINDY!

With big dreams of MOO-lympics gold!
She walks in MOO-ing loud and bold.

Game one "EAT ALL THE GRASS"
MINDY can eat them all before they turn the hourglass!

She wins with grace,
And licks my face.

Jumps into the pool, MOO-ing
For game two "SWIMMING."

I taught her to swim, flip, and splash.
She did all that in a flash.

Out she came as a winner.
That's when I heard my mom call me for dinner.

HA HA it was all my daydream!
But my MINDY can do more than milk and cream.

She gets a gold to be my BEST FRIEND
To my MOO-lympics daydream.
THE END



3rd Prize

Noelle J., Kindergarten
Coyote Hills Elementary, Aurora

My Pretty Cow in the Olympics

My cow will win when she twirls.
My cow will win when she swirls.
Oh, how I love my cow!
She is always so pretty, especially right now.
She makes rainbows when she walks.
She makes you smile when she talks.
I know if she goes to the Olympics this year,
I will be sure to shed a tear.
I know she will win,
She will win when she does her spin.

4th Prize

Davey R., 2nd Grade
Homeschool, Loveland

If My Cow Went to the Olympics

If my cow went to the Olympics,
I would watch her on TV.
How great would that be
To watch her on TV.

She would try archery first,
But she was cursed,
She can't hold the bow,
Because her grip isn't great,
Which would humiliate.

She couldn't roller speed skate,
Because she kept on falling,
She fell in a crate
That a tractor was hauling.

She couldn't play basketball,
Because she couldn't dribble,
The ref made a call,
Then she started to quibble.

She found flag football,
That was her sport,
She always won,
because they couldn't get her flag,
It was fun in the sun,
She's the best, so now I can brag.



1st Prize

Zadie N., 4th Grade
Blue Mountain Elementary, Longmont

If My Cow Went to the Olympics

If to the Olympics went my cow
I would really wonder how.
He can't jump ropes, or swim laps,
or jump in itchy burlap sacks.

He has been a couch potato
since the early days in the cradle.
He really didn't want to compete
or be considered a type of meat.

And then later as a calf,
he would only finish half
of his chores assigned to him
and make excuses on a whim.

If my cow went to the Olympics,
it'd have to be for something new.
Like eating chips and drinking milk
and relaying for the loudest mooooooooo!

2nd Prize

Sanibelle F., 5th Grade
Arma Dei Academy, Highlands Ranch

My Cow Went to the Olympics

I have a cow
Who can run so fast
So, I signed him up for the Olympics
I hope he'll have a blast

Now if you're training for the Olympics
It can be scary
But not if you're training
At the great Longmont Dairy

We practice out in the yard
For milking, jumping, running, and more
He perfects the events like a champion
And he fights through the sore

When he finally got to the great Olympics
He won many games
After each win he did a big happy dance
Because he had conquered and gained

I'm proud of my triumphant cow
For he earned an Olympic win
But now he is tired.
Hush. so he can sleep in.



3rd Prize

Charlotte R., 3rd Grade
Homeschool, Firestone

Flexible Cow

I made it to the Olympics
in Paris, France.
I was so excited, I wiggled and danced.
Gymnastics is my competing event,
A little nervous my hooves felt like cement.
I'm the only competing cow,
I was born flexible, I don't know how!

I jumped upon the balance beam,
That's when my body begin to lean.
Twists and turns, splits, and flips,
That's when I heard my leotard rip.
I stuck the landing and stood there bold,
To my surprise, I won the gold.

4th Prize

Lilly A., 4th Grade
Faith Christian Academy, Arvada

Mooving and Grooving

My cow can really mooove,
And she can really groooove.

My cow can dance,
And she can also prance.

My cow is not mean,
That's why she'll be in the floor routine.

She'll start off with a flip,
And I hope she doesn't trip.

Then she'll jump so high,
That she will touch the sky.

Next she'll float back down,
Lightly touching the ground

She'll take her final bow,
And know she's the winning cow!

Everyone will cheer,
She's winning gold this year!

I hope you liked my poem,
I wrote it from my home.



6th-8th Grade

1st Prize

Anna B., 8th Grade
Altona Middle School, Longmont

If my cow went to the Olympics,
She would have to go on Ozempic.
Along with a rigorous training plan,
With her trainer, Stan the Man.
Once there, everyone would stare,
And all the cows would moo, 'Unfair!'
My cow responded, 'I don't care! I am here
to win, so let us begin!'
She knew she would have to do her best,
To beat the rest.
She ran as hard as she could,
But the Ozempic did her no good.
She won nevertheless,
Because she still did her very best.
THE END

2nd Prize

Lily J., 6th Grade
Infinity Middle School, Aurora

What a Disaster!

If my cow went to the Olympics, what a
disaster it would be!
She doesn't even know to spin!
I'm not betting that cow would win.
No need to be rude, that's my guarantee.

Some say they disagree.
Well, to respond, I can't see where to begin,
I just bet some money with a huge grin!
My cow just wants fame, you see.

Oh how did I stress,
When my cow came with this news!
I'll never know why she stared with
such amuse.
Eventually, I agreed to let her go with a yes.

If my cow went to the Olympics, what a
disaster it would be!
I shouldn't have ever let her go.
Why couldn't I've just said 'no?'

3rd Prize

Luke W., 8th Grade
Homeschool, Broomfield

Cow Moon Jumping at the Olympics

The laughing little dog was
in attendance to watch his
favorite sport

While the dish and the spoon naturally
decided to depart

Longmont, the biggest cow with the
kindest heart was in third place

Although he knew that cows were
notoriously bad jumpers he was
determined not to be a disgrace

Longmont patiently waited for the cat
to play the fiddle to signal the time to
take his jump

Elated, he took off from the starting
line and leaped, closing his eyes and
landing with a big thump

Cheers echoed out at the Dairy Farm
Olympics as Longmont realized he
had won.

The dairyman approached him with
a medal to hang around his neck,
While smiling, to show all that's how
it's done.

4th Prize

Oz D., 7th Grade
D'Evelyn Junior High, Denver

If My Cow Went to the Olympics

If my cow went to the Olympics He'd
enter the high jump
He'd leap up over the moon
And he'd land on a tree stump
My cow would get the golden medal
Shining like the stars
Then he'd remember his jump, too
When he went to see Mars
And so my cow would stay up at night
Looking up at the sky
He'd say "I'll never miss that place"
But we all knew it was a lie
So we took him in our spaceship
And returned him to the Moon
He'd laugh and cry as he watched us
down here
And said "I promise I'll come
back soon"



MOOO RECIPES



This personal-sized dark chocolate cake takes 60 seconds in the microwave. It's a perfect way to treat Mom—or for her to treat herself! Can also be divided and served with whipped cream! One serving.



Lemonade on Sale!

50¢ off in May

Our Lemonade and Raspberry Lemonade are made with pure lemon juice, 20% less sugar, and no high-fructose corn syrup! Sale only for deliveries in the month of May.

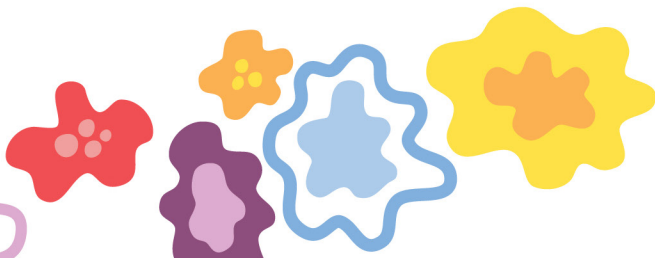
Dark Chocolate Mug Cake



- | | |
|-----------------------------|---|
| 3 Tbsp. flour | 1 Tbsp. oil |
| 2 Tbsp. dark cocoa powder | 1 Eggland's Best egg white |
| 1 Tbsp. sugar | ½ tsp. vanilla extract |
| ¼ tsp. baking powder | 2 Tbsp. dark chocolate chips, divided |
| Pinch kosher or sea salt | 1 Tbsp. chopped walnuts (optional), divided |
| 3 Tbsp. Longmont Dairy milk | |

Coat a coffee mug with cooking spray. In a small bowl, combine dry ingredients, then whisk in the wet ingredients until combined. Fold in half of the dark chocolate chips and walnuts (if using), pour into the mug and top with the other half. Microwave on high 45-60 seconds or until set. Serve immediately. (Split and microwave in 2 mugs for 30-45 seconds, or until set, and serve with whipped cream or ice cream to share!)

✂️ Clip and file in your recipe collection! Use this QR code to find the recipe online.



Lemonade & Tea Available in May!

The perfect combination of fresh-brewed black tea and our low-sugar lemonade.

Whether you are golfing or gardening, this will quench your thirst on a hot day.



MAY—PRODUCTS OF THE MONTH

Specialty Bread

| Banana
Chocolate Chip

Prefare Meal

| Chicken Teriyaki
Stir Fry

Rome's Sausage

| Meatballs