



LONGMONT DAIRY FARM INC.

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# MOOO NEWS

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Longmont Dairy Farm, Inc.

# JUNE

## Celebrate Summer!

Dear Friends,

Happy Summer Break Kids!!! I hope you have a lot of fun activities planned this summer while you're out of school. We're going to start including more activities for kids in the Moo News such as games, recipes and contests. We hope you enjoy reading it!

Don't forget, when you're active and need a good recovery drink (and delicious treat), chocolate milk is perfect! It helps refuel you with the perfect combination of protein to carbohydrates. Make sure to also get plenty of fresh fruits and veggies this summer as you're playing in the hot sun! Colorado has such great produce to offer during the summer months.

We'd love to see fun pictures of you drinking our milk, chocolate milk or lemonade this summer. Send us some pictures to [customerservice@longmontdairy.com](mailto:customerservice@longmontdairy.com) and we'll pick a few to include in the Back-To-School Moo News issue.

Enjoy your summer!

*Katie*

## Design a Treasure Map and Hunt

*A miniature geocaching\* activity for ages 4 and older.*

### Make your Treasure Maps:

Draw and color a map of the inside of your house as if you were looking down on it from an airplane. Include as much detail as you can, including: beds, tables, chairs and counters and plants.

Or draw and color the outside of your house including the front yard and the backyard, with all the bushes and trees, as if you were in a hot air balloon, hovering over your house. (You could also use a park or a school yard as your treasure map area.)

### Hide and Map the Treasure:

The map maker, or an older family member, hides and marks the treasures depending on who will be searching. Hide treats throughout the mapped area (like candy, cheese sticks, plastic eggs filled with coins or notes with promises for outings). Mark each of the treasures' locations on the map with an "X" or a sticky dot.

### Learning Map Orientation:

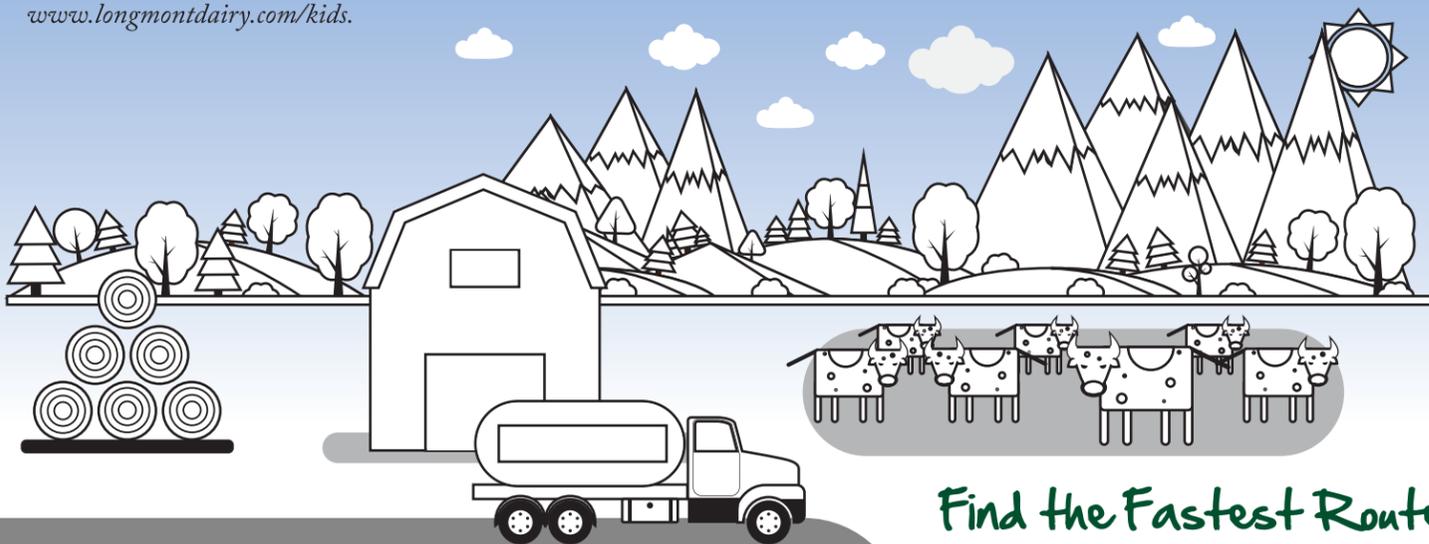
When the hunters get confused, show them how to hold the map. Stand facing a landmark and point to it on the map encouraging them in the direction they should follow.

*\*Geocaching is a fun, worldwide hide-and-see activity for families and friends to learn about mapping and geography. Anyone with a GPS or smart phone can search. People hide their cache, usually in metal boxes, with a log book. They use [geocaching.com](http://geocaching.com) to list the approximate coordinates. Searchers follow the GPS coordinates to find the "treasures."*



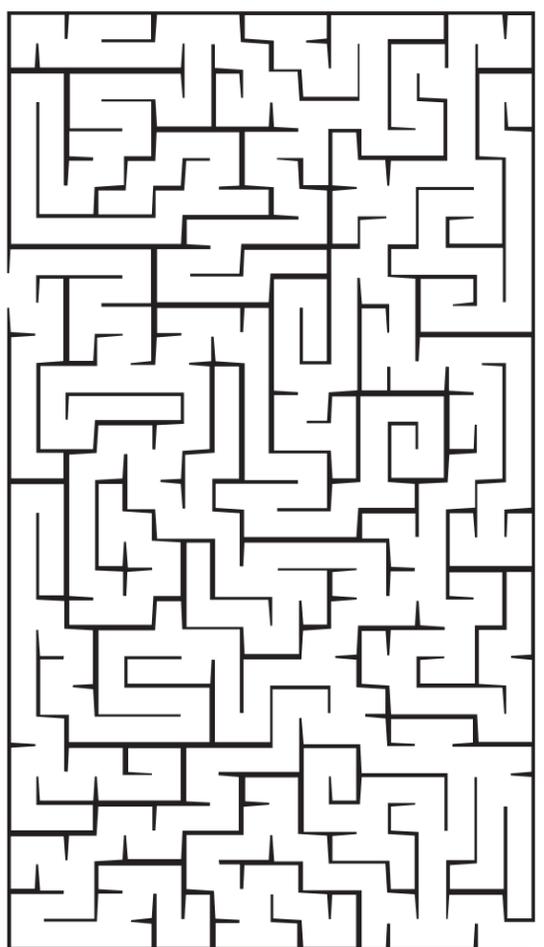
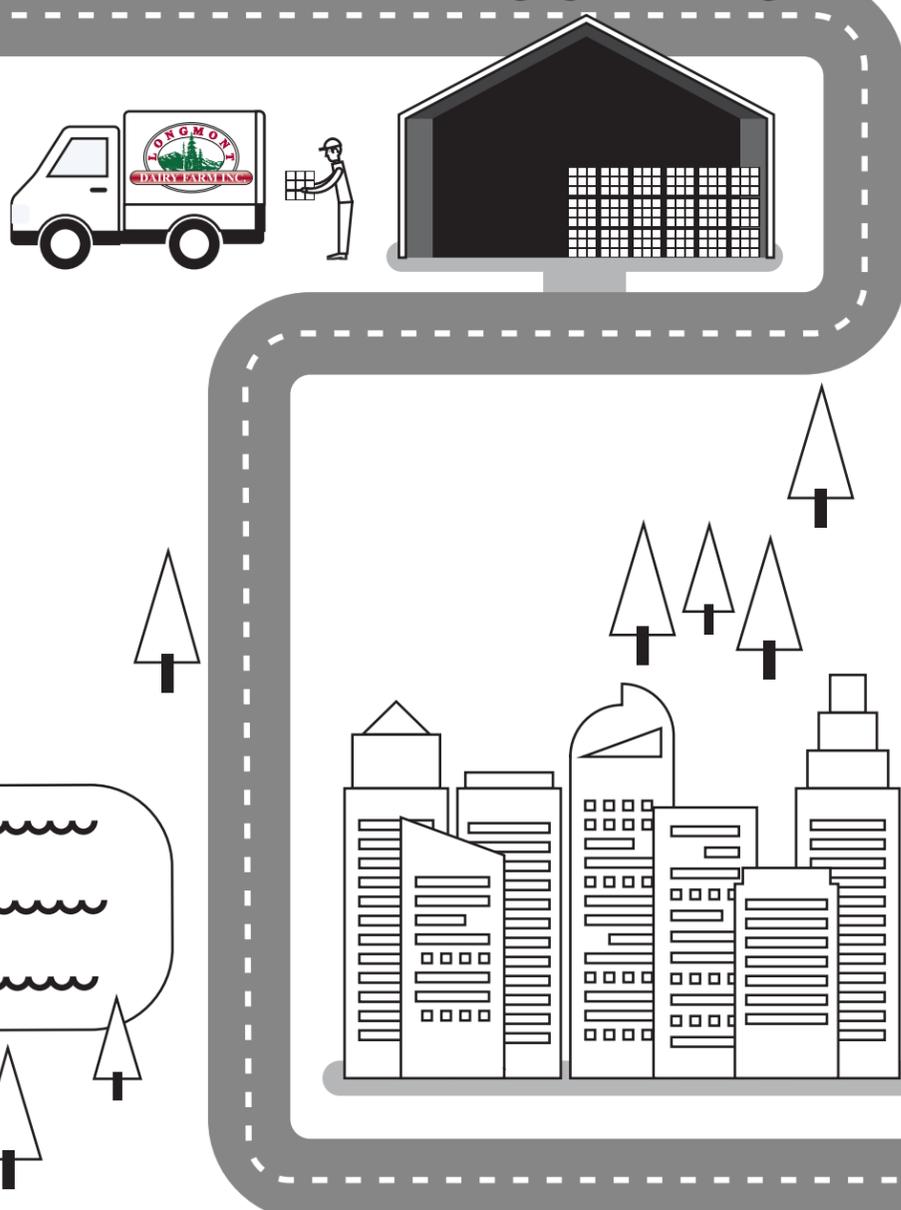
# From the Farm to Your Home

Color this page and add your own farm animal drawings. For more fun activities and coloring pages, visit our Kids' Corner at [www.longmontdairy.com/kids](http://www.longmontdairy.com/kids).



## Find the Fastest Route

Help our driver find the fastest delivery route.



## Word Search

Can you find all of these hidden words?

- Where real milk comes from
- What we get from a cow
- Solid, tasty food made from milk: white or yellow
- Baby cow
- Helps make big muscles from milk
- Helps make strong bones in milk
- Your dairy farm
- Where the milk goes when delivered to your house
- The type of bottles Longmont Dairy uses
- The name of our state
- Best football team ever
- Kind of juice with lots of vitamin C
- The process of heating milk or juice to destroy pathogens and make it safe for consumption

### WORD BANK:

PROTEIN, PASTEURIZATION, ORANGE, MILKBOX, MILK, LONGMONT, GLASS, COW, COLORADO, CHEESE, CALF, CALCIUM, BRONCOS

M P Y K N T J D L V X T N R W  
 I Z A K C A L C I U M R P J J  
 L D Y S N Y D J N M S J M L M  
 K M Y R T T R Q Z O I F V P M  
 B V Y Q W E B T C W J L L Q Y  
 O G O V O L U N D X Z T K A L  
 X L B R C E O R C R L T N N C  
 D Y R X A R S O I O N I L G B  
 T G X B B N L E N Z E B G B K  
 M B Y P S O G G E T A Y M Q R  
 N D B Q R S M E O H J T Y D J  
 M P Q A D O A R Q Q C D I Q P  
 J J D G N D P L Y L L D R O J  
 Z O N T B N P V G D Z V K M N

Find the puzzle solution in our Kids' Corner at [www.longmontdairy.com/kids](http://www.longmontdairy.com/kids).

## Make an Origami Cow

Fold some cows and build a herd of Holsteins. Color in black or brown spots.

- 1 Fold in half to make crease and fold back.
- 2 Fold in the dotted lines.
- 3 Fold in the dotted lines.
- 4 Fold in half to make crease and fold back.
- 5 Fold in the dotted lines.
- 6 Fold in the dotted lines.
- 7 Fold in the dotted lines.
- 8 Step fold in the dotted lines.
- 9 Fold in the dotted lines.
- 10 Fold in half.
- 11 Pocket fold.
- 12 Cut with a pair of scissors.
- 13 Fold in the dotted lines. On the other side, too.
- 14



# 1000 RECIPES

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## Cooking and Nutrition for Kids

*Summer vacation is a great time to involve your kids in the meaningful and rewarding activity of making family meals. Cooking together builds wonderful memories and strengthens relationships.*

*Our recipes this month focus on Kid Chefs. Fill up the summer with the fun of cooking activities.*

### Watermelon/Raspberry Lemonade Pops

*Very easy.*

Place 2 ½ cups seedless watermelon chunks in a blender. Have the supervisor blend on high until the mixture is smooth.

Add ½ cup Raspberry or Regular Lemonade to the mixture.

Pour into pop molds or small plastic cups covered with foil. Add sticks or handles and freeze for about 3 hours until firm.

### Chocolate Pudding

*It's easy for younger kids to pour and stir a packaged pudding, but older kids can try this homemade version too. The chilling process also teaches delayed gratification.*

- ½ cup white sugar
- ½ cup unsweetened cocoa powder
- 3 tablespoons of cornstarch
- 2 cups milk
- 2 teaspoons of vanilla

Mix ingredients in medium-sized microwaveable bowl. Microwave 3 minutes on high. Stir. Continue to cook for 1 minute intervals, stirring in between, until thick and shiny.

Cover with plastic wrap touching the surface of the pudding and chill for about 3 hours, until firm.

### No-Cook Play Dough

*Kids can help make and then play with it.*

Mix together 1 cup salt and 3 cups flour. Add 1 Tablespoon vegetable oil.

Mix Food coloring drops with 1 Cup water.

Slowly add water to the salt mixture, mixing and kneading with hands, until you like the consistency.

Stores for 3 days. Wrap tightly with plastic wrap and store in a plastic bag in the refrigerator.

### Apple Pie Crackers

*A fun snack kids can make with supervision.*

2 apples, peeled and sliced in ¼" wheels  
(Cutting is for the supervisor to do.)

Optional - bake or microwave to soften.)

- 20 large whole-wheat crackers
- 1 tub Noosa Yoghurt – any flavor
- ground cinnamon

Kids assemble crackers by layering raw or cooled apple slice on one cracker, adding a spoon of yoghurt and sprinkling with cinnamon, then topping with the second cracker.



## Refuel with Chocolate Milk!

After a hard workout, long hike or great game, drink Chocolate Milk!

Research is proving the value of Chocolate Milk for muscle recovery and rebuilding.

To read more information, visit  
[www.longmontdairy.com/product/chocolate-milk](http://www.longmontdairy.com/product/chocolate-milk)