



LONGMONT  
DAIRY FARM INC.

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920 Coffman, Longmont Colorado 80501

www.LongmontDairy.com

(303) 776-8466

Longmont Dairy Farm, Inc.

MOOO NEWS



## Meal Planning Can Help with Resolutions

Making resolutions has become synonymous with the new year, and not keeping them seems to have become part of the process. Psychologists say that many people make resolutions just because it's New Year's Eve, but soon give up because they have no realistic plan of action for achieving them. While meal planning may be considered a chore, putting it at the top of your "to-do list" may help you develop some healthy habits in 2021. Here are a few reasons to plan your meals in advance:

- **Improve your nutrition.** By planning in advance, you can aim to have nutritionally well-balanced meals throughout the week. You take control of your own nutrition needs.
- **Make healthier choices.** Coming up with a meal last minute often leads to going out instead. Even a stop at the grocery store for a last minute dinner may lead to poor choices.
- **Eat high quality foods.** Homemade meals are almost always more nutrient-dense and filled with less calories, salt, and fat than takeout. Choosing your own recipes and ingredients for the week allows you to make important food choices.
- **Save money.** You can create meal plans that allow you to use whatever you have on hand. It will also save you money by preventing you from ordering costly last minute takeouts.
- **Save time.** You will not have to think about what to eat every day. You can also cook larger meals on weekends and save some for when you are exhausted and don't feel like cooking.
- **Decrease stress.** The daily "what's for dinner" thought that plagues our mind throughout the day is a constant stress to have, but is easily prevented by having a plan. You can also reuse meal plans; a two-week seasonal meal plan may give you plenty of variety.

# JANUARY

Happy New Year!

Dear Friends,

Each month/year when we write this portion of the Moo News, there is usually something "normal" that we write about. We are coming off a 2020 that was anything but "normal"!! I expect we are all looking forward to January 2021 with big hopes for "normal" again.

Meal planning has taken on a whole new meaning for many of us this year. Not nearly as much impulse grocery buying or going out to eat at the last minute! Hope some of the ideas we are sharing help you!

All that said, we really do wish each of you a Happy New Year! And, hope you will have lots to enjoy in 2021!

Take care till next time,

*Susan*

# MOOO RECIPES

## Tomato-Cream Sauce for Pasta

Serve over your favorite pasta. Absolutely delicious and so easy to make!



- |  |                                   |
|--|-----------------------------------|
| 2 tablespoons olive oil                                    | ¾ teaspoon white sugar            |
| 1 onion, diced   | ¼ teaspoon dried oregano          |
| 1 clove garlic, minced                                     | ¼ teaspoon salt                   |
| 1 (14.5 ounce) can Italian-style diced tomatoes, undrained | ⅛ teaspoon ground black pepper    |
| 1 tablespoon dried basil leaves                            | ½ cup Longmont Dairy heavy cream  |
|  | 1 tablespoon Country Cream butter |

Heat olive oil in a saucepan over medium heat. Sauté onion until just tender, then add the garlic, making sure it does not burn. Add the tomatoes, basil, sugar, oregano, salt and pepper. Boil uncovered until most of the liquid evaporates, about 5 minutes. Reduce heat, stir in heavy cream and butter and simmer for 5 more minutes.

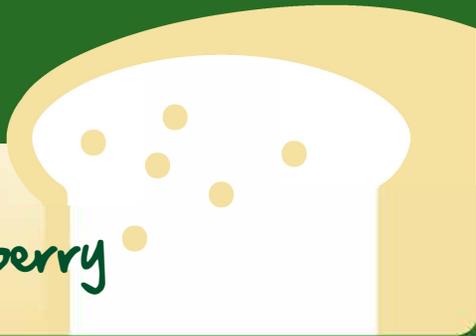
For a heartier meal, add Rome's Meatballs or sliced Italian Sausage while the sauce is simmering.

*Mooo News, January 2021*

## Bread of the Month

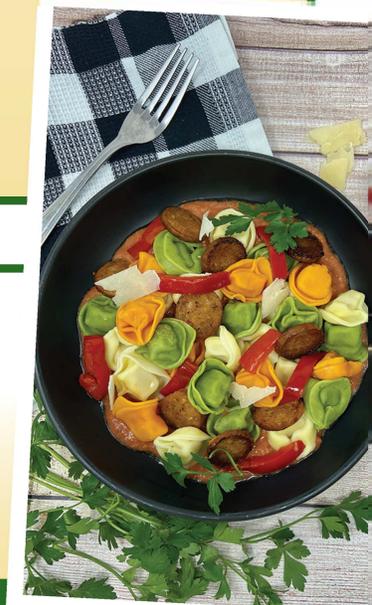
January:

### Orange Cranberry



## New! PreFare Italian Sausage and Tortellini Skillet

Featuring locally made, all natural Polidori sausage paired with tri-colored cheese tortellini, roasted sweet bell peppers and a luscious tomato cream sauce. One pan and fifteen minutes is all you need to get this satisfying, family friendly meal on the table. A Parmesan and Romano cheese blend is included. This kit yields two hearty servings of 13 ounces each.



## Save 50¢ on Pro-to-Go

### Building Muscles Requires Protein!

Add 14 grams of protein per 8 oz. glass of Longmont Dairy made Pro-to-Go.

A great meal replacement or snack, it's delicious, creamy, and not chalky tasting.

Save 50¢ per bottle for January deliveries.



## New! Rome's Italian Sausage

Small batch Italian Sausage links, from Colorado's own Rome's Sausage, is made with premium pork, with notes of garlic and fennel. Delivered pre-cooked, it is perfect grilled, pan fried, in red sauce with pasta, or on a sandwich.

## Rome's Meatballs

Locally owned Rome's Sausage family recipe hand-rolled meatballs, are made with premium beef and pork cuts, and softly textured with Parmesan, garlic and Italian seasonings. Pre-cooked and all natural.

A great way to add some extra protein to your pasta and sauce!