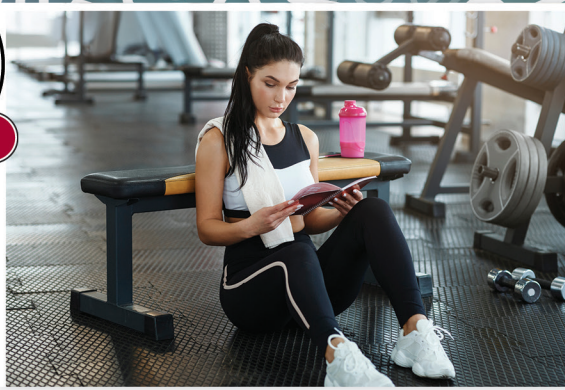




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MOOO NEWS

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



Starting Your Fitness Plan in the New Year

Lots of us take a break during the holidays, and we know we need to get going again!

Here are the five important steps boiled down to the essentials to get you going again:

1. **Set one clear, realistic goal** for the first 30-60 days.
2. **Pick 2-3 activities you enjoy** (or can tolerate over time), and can stick with.
Try to include both aerobic (cardio) and strength (muscle) activities.
Aerobic includes brisk walking, stationary bike, or swimming, each good for your heart, while strength includes weight training and body resistance, or gym machines. This is important for maintaining balance, bone and muscle strength, and tone.
3. **Schedule workouts on your calendar** (treat them like appointments).
4. **Start small and consistent** (10-20 minutes a day to rebuild the habit).
5. **Track progress weekly** so you stay motivated and adjust as needed. Your cell phone and/or smart watch can help you keep track and even plan your workouts.

Use YouTube, Chat GBT, or health magazines to help set a light routine to get started. Don't forget that our Pro-to-Go enhanced protein milks will help provide proper protein levels for your muscles and chocolate milk is a wonderful post workout hydration drink.

Good health in 2026!

Save 50¢ on Pro-to-Go in January

Building Muscles Requires Protein. Give it a Boost in the New Year!

Add 14 grams of protein to your day with an 8-ounce glass of our Pro-to-Go milk. A great meal replacement or snack, it's delicious, creamy, and has no chalky taste. **Save 50¢ per bottle on January deliveries.**

JANUARY

Welcome 2026!



Dear Friends,

Happy New Year! I hope you all had a wonderful holiday season with friends and family.

Over the years, it's been interesting to watch how food trends have changed so drastically. In the 90's, the trend was Fat-Free everything. I recall trying to stay under a certain number of Fat Grams per day as a woman. Now the mindset has changed in that we recognize the importance of healthy fats and high protein foods. They are more nutritionally dense and can fill us up more easily. A couple of decades ago, Skim Milk significantly outperformed Whole Milk. Today, that is completely flip-flopped.

Regardless what type of milk you prefer, all of the percentages are an excellent source of protein and other essential nutrients.

Take Care,

Katie



MOOO RECIPES

Thank you to one of our customers, Amanda Frost-Berridge, for sharing this recipe, made with our Blueberry Milk, on our Facebook page. She said they turned out amazing!

Blueberry Muffins

- | | |
|----------------------------------------------------------------|------------------------------------|
| 2 c. all-purpose flour | Streusel Topping: |
| 1 c. granulated sugar | ¼ c. all-purpose flour |
| 2 tsp. baking powder | 2 Tbsp. brown sugar, packed |
| ½ tsp. salt | ¼ tsp. ground cinnamon |
| 2 Eggland's Best eggs | ⅛ tsp. salt |
| ½ c. Country Cream Butter, melted | 2 Tbsp. Country Cream Butter, cold |
| ½ c. Longmont Dairy Blueberry Milk | |
| 1 tsp. vanilla extract | |
| 2 c. (1 pint) fresh blueberries, washed and drained, or frozen | |

Preheat oven to 400°F. Prepare a muffin pan with cupcake liners.

In a large bowl, sift together 2 cups flour, 1 cup sugar, baking powder, and ½ teaspoon salt. Set aside.

In a medium bowl, whisk eggs until smooth. Add the ½ cup melted butter, milk, and vanilla, and whisk until combined. Stir into flour mixture until combined. (Dough will be lumpy.) Fold in blueberries.

To prepare the streusel topping, in a medium bowl combine ¼ cup flour, 2 tablespoons brown sugar, 2 tablespoons granulated sugar, cinnamon, and ⅛ teaspoon salt. Using a pastry cutter, cut in butter until topping is crumbly and coarse.

Fill ⅔ prepared muffin cups with batter. Top each muffin with streusel topping, about 1 tablespoon each. Bake until a toothpick inserted in the center of a muffin comes out clean with a few crumbs attached, about 18 to 22 minutes. Cool muffins on a rack for several minutes before removing from pan. Cool completely and store in an airtight container up to 4 days.

Clip and file in your recipe collection!

Use this QR code to find the recipe online.



Back in January!

Our **Blueberry Milk** is crafted with 2% milk and the sweet, vibrant flavor of blueberries. Perfect for a treat or a twist on your everyday milk. **Available in January and February.**



Seasonal Lemonade

Strawberry Lemonade combines the citrusy zing of lemonade with the bold, fruity essence of natural strawberry puree. This perfectly balanced drink offers a refreshing burst of flavor that's ideal for any occasion, bringing a touch of summer to every sip. **Available in January and February.**



Bruna's Is Back!

Bruna's Brazilian Cheese Bread is cheesy and delicious. Made in Denver from simple, natural ingredients, and nothing artificial, it's gluten-free and a great addition to any meal or a tasty mid-day snack! Available in Garlic & Onion and Cheddar & Parmesan flavors.



JANUARY—SEASONAL PRODUCTS

Sweets

BREAD IN THE BOX

Orange Cranberry

MARY'S MOUNTAIN COOKIE DOUGH

Monster & Oatmeal Raisin

Meals/Soup

PREFARE

Italian Wedding Soup

TICO'S

Tomato Soup

Meat

ROME'S SAUSAGE

Precooked Meatballs

CHARCUTNUVO SAUSAGE

Pork Apple Gouda Sausage

