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# NEWS 1000

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Longmont Dairy Farm, Inc.

NEW  
YEAR  
GOALS

# JANUARY Happy New Year!

## Local Schools Collect 1 Million Milk Caps for Mooola!

Longmont Dairy Farm's school fundraising program Milk Caps for Mooola has donated over \$50,000 in exchange for over 1 million milk caps collected from local schools. Since the fall of 2012, schools eligible to participate in Milk Caps for Mooola can receive 5 cents for each Longmont Dairy milk cap collected and returned to the dairy.

In celebration of receiving 1 Million Milk Caps for Mooola, Longmont Dairy will reward the top three schools that have redeemed the greatest number of milk caps. Meiklejohn Elementary in Arvada, Lafayette Elementary in Lafayette and Silver Creek Elementary in Thornton will be given a little extra Mooola for their efforts. Each of the three schools collected roughly 20,000 milk caps.

The funds have helped schools purchase educational instruments such as iPads, laptops and more. Visit us online at [www.longmontdairy.com/milk-caps-mooola](http://www.longmontdairy.com/milk-caps-mooola) to learn more.

Dear Friends,

2015! Happy New Year! Seems like yesterday we were taking our oldest son and his family to DIA on New Year's Eve Y2K. By that time of day we knew the world would survive past that instant of 1999 changing to 2000 – but the airport was nearly empty anyway.

I love the traditions and hope of new beginnings that come on January 1. David and I are not big New Year's Eve celebrators but we do enjoy our New Year's Day celebration with our friends and farm family, the Van Hattems.

Hope you have something great planned for the New Year. Thank you! Thank you! For being our loyal customers as we enter our 50th year here at Longmont Dairy.

Take care till next time,

*Susan*



# MOOO RECIPES

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## Bhakti Ginger Pear and Oat Smoothie

In celebration of the 19th Annual Quaker Oatmeal Festival we have prepared this healthy smoothie recipe that combines fresh pear with healthy oats, yoghurt and the fiery spices of Bhakti Chai Tea. Our Bhakti Ginger Pear and Oat Smoothie will warm and fill you up on cold winter days.

- 1 small pear, cored and cut into one inch cubes
- 2 Tbsp. cinnamon
- 8 oz. Noosa Plain Yoghurt
- 1 cup Bhakti Chai Concentrate
- ½ cup instant oats, uncooked
- 8 ice cubes

Combine all ingredients and blend on high for one minute and serve immediately. Makes 2 servings.



Recipe adapted from bhaktichai.com  
Mooo News, January 2015

## Creamy Fruit and Oats Muesli

Muesli was first created by a Swiss Physician in the early 20th century to support a healthy diet. This simple to prepare dish consists of rolled oats, nuts, seeds, yogurt and dried fruit. Gather your kids in the kitchen and prepare it the night before for a simply delicious homemade breakfast that even the busiest families can enjoy.

- ½ cup oats, uncooked
- ½ cup LDF Milk
- 4 oz. Noosa Plain Yoghurt
- ¼ cup sunflower seeds
- 2 Tbsp. flax seeds
- ½ cup flaked almonds
- 2 tsp. lemon juice
- ½ cup seedless grapes
- ½ cup raisins

Combine oats, seeds, almonds and raisins. Mix together yogurt, milk, lemon juice and grapes and pour over dry mixture. Place in refrigerator overnight in an airtight container before serving. Makes 2 servings.

Recipe by Amber Foster, Molly Burgess  
Mooo News, January 2015



## 19th Annual Lafayette Quaker Oatmeal Festival

Join us on Saturday, January 10 for this unique family festival that celebrates a healthy lifestyle. The event will take place from 7:30 a.m. to 12 p.m. in Lafayette and will include an oatmeal breakfast, 5K walk/run and health fair. Visit the Lafayette Chamber website at <http://lafayettecolorado.chambermaster.com/events> for more information.

## January 11 is National Milk Day

National Milk Day celebrates the day in 1878 when milk was first delivered to U.S. homes in sterilized glass bottles. For 50 years, Longmont Dairy Farm has delivered our delicious, farm fresh milk in reusable glass bottles to your doorstep.

## 50¢ Off Pro-to-Go Protein Milk

Have you tried our popular protein-fortified milk? Pro-to-Go packs 14 grams of protein and added calcium into every 8 ounce glass, making it a great snack or meal replacement. Try our smooth and creamy vanilla or chocolate flavors, made with 1% Longmont Dairy Milk and other wholesome ingredients.

