



LONGMONT DAIRY FARM INC.

VOL. 24, NO. 1
January 2016

MOON NEWS

www.LongmontDairy.com

(303) 776-8466

Longmont Dairy Farm, Inc.

920 Coffman, Longmont, Colorado 80501

JANUARY Moover in the New Year!



\$100,000 Given to Local Schools!

Milk Caps for Moolaa Has Surpassed 2 Million Caps!

Thank you to students, from throughout the Front Range area, for collecting milk caps and bringing them to their schools. Longmont Dairy's donations, to each participating school, have enabled them to buy things they need to improve the education of their students.

Healthy Resolutions

In January, after all of the parties and holidays in December, many of us resolve to eat healthy diets and start or improve our exercise habits. Beginning your day with a better breakfast is a great way to start. To help you out, this month we are starting to deliver Toasted Almond Oatmeal by Enjoy Biscotti Company. Top it with your favorite milk for a hearty and healthy start to your day. Then get mooving! Visit our events page to see which races we will be participating in.

Dear Friends,

I love it when my friends say, "I had to increase my milk order." It implies that their kids are in a growth spurt or that they are eating healthy foods and cooking at home as a family.

We are excited to support the Lafayette Quaker Oatmeal Festival and 5K Walk/Run on January 9th. You can kick-start your exercise program there. We will be serving our products to thousands of hungry folks before, during and after the race. We hope to see you there.

I am humbled by, and truly love being a part of, the team that brings amazing foods to your doorstep, and knowing that when you increase your order you're doing something great for yourself and your family.

Stay healthy and take care until next time,

Susan

New in January! Toasted Almond Oatmeal by Enjoy Biscotti Company

We are always on the hunt for healthy, delicious, local products to bring to you.

We think you will love this yummy oatmeal made from natural ingredients: organic oats, brown sugar, toasted natural almonds, flaxseed meal, Himalayan pink sea salt and cinnamon.

\$5.99 per 4-Pack (2.5 oz. per serving).



MOOO RECIPES

©2016 Longmont Dairy Farm, Inc.



New Year's Clam Chowder

Six 1-cup servings at 253 calories each.

- 2/3 cup chopped onion
- 1 cup chopped celery
- 2 tsp. thyme minced
- 1 medium red potato, diced small
- 2 tsp. olive oil
- 1 (8 oz.) bottle clam juice
- 1 bay leaf
- 3 cups Longmont Dairy low-fat milk
- 1/2 cup Longmont Dairy whipping cream
- 1/3 cup all-purpose flour
- 3/4 tsp. salt
- 3 (6 oz.) cans chopped baby clams, rinsed
- 2 scallions, thinly sliced

Brown onion, celery and thyme in large pan until vegetables soften. Add clam juice, potato and bay leaf. Bring to a simmer and cover for 8 to 10 minutes. Whisk flour, milk and cream in a bowl. Add to the vegetables and return pan to a simmer, stirring until thickened (about 2 minutes). Add clams stirring until just cooked through (about 3 minutes.) Remove bay leaf before serving. Top with scallions. Optional: top with crumbled bacon.

Recipe adapted from *Eatingwell.com*
Mooo News, January 2016

Join Us at the 20th Annual Lafayette Quaker Oatmeal Festival and 5K Walk/Run

January 9, 2016 • 7:30 am - 12:00 pm

This family event includes:

- Oatmeal breakfast served with Longmont Dairy milk at Pioneer Elementary School
- A 5K Walk/Run at Colorado Music Festival & Center for Musical Arts
- A Health Fair featuring health screenings, interactive demonstrations and more.

Visit Lafayettecolorado.chambermaster.com/events/ for more information.



Pro-to-Go Protein Milk - A Healthy Choice

Boost your muscle-building protein with delicious vanilla or chocolate protein-fortified milk.

Each 8 oz. glass packs 14 grams of protein. A great snack or meal replacement.

Read the nutritional stats at Longmontdairy.com. Offer good on deliveries between January 1st and January 31st.

50¢ OFF
in
January!



Tips & Reminders



We Deliver on Holidays!

Remember to bring your delivery inside on January 1st, New Year's Day! Call customer service or go online if you need to skip your delivery.

We Will Bundle your Box.

It's cold out there! Just leave a blanket or rug in your milk box and we will bundle it up to prevent freezing. (Frozen milk can be thawed in the sink and then refrigerated. Remove the cap as it thaws.)