



LONGMONT DAIRY FARM INC.

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Longmont Dairy Farm, Inc.

MOOO NEWS



JANUARY Make Healthy Choices!

Customers on the Moove!

In 2007, at the age of 64, customer Bob Wise was diagnosed with an inoperable brain tumor. He nearly died that year and his doctors at the Mayo Clinic essentially told him to settle his affairs and to do things that made him happy. Bob turned to riding his bicycle, and in the last five years, has averaged 4,000-5,000 miles per year.

This year, Bob and his team, Team Numbbutts, participated in the 2-day, 162 mile MS Wyoming Bike Ride. Bob's wife Ellie is very involved in the fundraising side of things and also helps Bob to change out his oxygen during his ride. They are both very passionate about this cause because of close friends and family who are affected by MS.

Although Bob and Ellie are both battling serious health issues, they have incredibly positive attitudes and giving hearts. Thank you for being an inspiration to all of us.

Team Numbbutts refuels, after their ride, with Longmont Dairy chocolate milk.



Bob and Ellie Wise after the finish.

Dear Friends,

I truly LOVE hearing stories from our customers. Bob and Ellie Wise have been customers of Longmont Dairy for about four years and I've had the pleasure of meeting them and learning of their inspirational journey. I've shared their story in this Mooo News and hope you enjoy it!

One of the things I learned from Bob, and many others afflicted with a serious illness, is how important it is to take care of yourself and get exercise as best you can. Bob shows us how important it is to get out there and move and do what makes you happy. I'm sure we are all feeling a little sluggish after all of the food we ate over the holidays. Now it's time to get back on track, get some exercise, and enjoy all of the activities our beautiful state has to offer.

Happy New Year!

Katie



MOOO RECIPES

Oats are a great source of vitamins, minerals, fiber and antioxidants. Plus, they are gluten free. Studies show that oats promote weight loss, lower blood sugar levels and reduce the risk of heart disease.

Dress up your next bowl of oatmeal with fruit, nuts and cinnamon topped with milk, or try this fun, overnight recipe.

Peanut Butter Overnight Oats

- 1 Cup Oats
- 1 Cup Longmont Dairy milk
- 1 Teaspoon Chia seeds (Optional)
- ½ Teaspoon Vanilla extract
- 1 Teaspoon Cinnamon
- ½ Cup Bananas, sliced
- ¼ Cup Creamy peanut butter
- 1 Tablespoon Honey

Combine oats and milk in a container of your choice. Mix in vanilla extract, chia seeds, and cinnamon. Alternate layers of peanut butter and layers of sliced banana. Drizzle with honey. Place in fridge overnight. Get a fast and delicious start to your morning.

*Recipe from QuakerOats.com
Mooo News, January 2017*



Boost Your Protein With Pro-to-Go Protein Milk

50¢ off in January

Get out there and go with delicious Pro-to-Go. Makes a great snack or meal replacement with 14 grams of protein per 8 oz. serving.

Try vanilla and chocolate this month. Offer good on deliveries between January 1st and January 31st.

Tips & Reminders



Bundle your Box

On cold nights, just leave a blanket or a rug in your milk box and we will bundle it up to prevent freezing of your products. (Frozen milk can be thawed in the sink and then refrigerated. Remove the cap while it thaws.)

See You at the 21st Annual Lafayette Quaker Oatmeal Festival



**Saturday, January 14, 2017
7:30 am - 12:00 pm
at various locations in Lafayette.**

The Oatmeal Festival is a fun, family event that focuses on healthy lifestyles. It includes an Oatmeal Breakfast, complete with Longmont Dairy milk, a 5K Walk/Run and a Health Fair. Check Events at lafayettecolorado.com for more information.

