

ISLAND GROWN HARVEST OF THE MONTH APRIL 2014 DAIRY

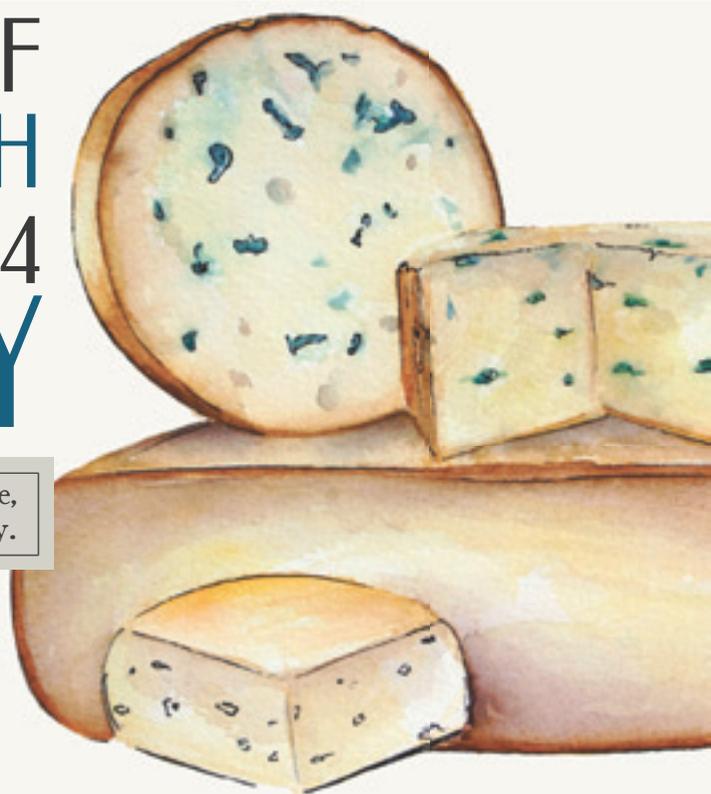
Harvest of the Month is a great way for your family to explore, taste, and learn about eating more fruits and vegetables every day.

DAIRY AND OUR HEALTH

- » Dairy provides important nutrients such as calcium, potassium, Vitamin D and protein.
- » Calcium is linked to bone health and may reduce the risk of osteoporosis.
- » Vitamin D is an essential nutrient that the body uses to absorb calcium.

WHEN IS DAIRY IN SEASON?

Milk comes from the birth of a baby cow, which can be timed and staggered in a herd to provide year-round milk.



HEALTH TIP

Remember, it is the parent's job to prepare and offer the healthy meal, it is the child's job to choose what and how much of it to eat. It can take kids up to 20 exposures to a new food before they enjoy it.

Health tip provided by Vineyard Nutrition

Harvest of the Month is a program that highlights a locally available crop each month of the school year in school cafeterias, restaurants, and grocery stores. The goal is to help children, their care-givers, and the broader community experience healthy, seasonal, whole-foods based meals, while supporting local and regional farmers.

HEALTHY SERVING IDEAS

- » Mix yogurt with fruit and an unsweetened granola to make a healthy and colorful parfait.
- » Make fruit and cheese kabobs with cubed cheddar, pieces of grapes, and bits of deli meats for a fun and filling snack.
- » Experiment with smoothie recipes combining fruits, fresh baby greens, yogurt and milk that you can pack in a thermos for breakfast, lunch or snack.

SHOPPER'S TIPS

- » Look for dairy products from pasture-raised cows, they will contain higher levels of vitamins, minerals and nutrients.
- » There are two dairies on Martha's Vineyard, and they sell their milk from the farm, and value-added products at Farmer's Market and some independent food stores.
- » Choose dairy products that are produced from cows NOT treated with rBGH (recombinant bovine growth hormone) or the similar hormone rBST.
- » Read labels and make sure your milk, yogurts and smoothies do not have added sugar, aspartame, high fructose corn syrup or other artificial sweeteners.

for more info visit islandgrowschools.org/harvestofthemoth

