



Dairy

Sources

Cafeteria

- The Visual Food Encyclopedia
- National Agriculture Statistics Service (<https://www.nass.usda.gov/>)
- Dairy Discovery Zone, Dairy Max (<https://www.dairydiscoveryzone.com/legendairy-cow/>)
- Dairy Nutrients, USDA Choose My Plate (<https://www.choosemyplate.gov/dairy-nutrients-health>)
- Farm to Table: Dairy Supply Chain, DairyMAX (<https://www.dairymax.org/sites/default/files/Farm%20to%20Table.pdf>)
- 2017 Montana Dairy Facts, DairyMAX (https://www.dairymax.org/sites/default/files/2018_IIR_Resources_Montana%20Fact%20Sheet.pdf)
- Pasteurized versus Ultra Pasteurized Milk Why Such Long Sell-By Dates?, Cornell University (<https://foodsafety.foodscience.cornell.edu/sites/foodsafety.foodscience.cornell.edu/files/shared/documents/CU-DFScience-Notes-Milk-Pasteurization-UltraP-10-10.pdf>)
- Cheese, Colorado Integrated Food Safety Institute (<http://fsi.colostate.edu/cheese/>)
- Danger Zone, United States Department of Agriculture Food Safety (https://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/safe-food-handling/danger-zone-40-f-140-f/CT_Index)
- Nutrition, Montana State University Extension (www.msueextension.org/nutrition)
- MyPlate: Dairy Group, University of Nebraska-Lincoln Extension (<http://extensionpublications.unl.edu/assets/pdf/g1611.pdf>)
- Food Freezing Basics, North Dakota State University (<https://www.ag.ndsu.edu/pubs/yf/foods/fnw616.pdf>)
- 2015 – 2020 Dietary Guidelines for Americans 8th Edition, U.S. Department of Health and Human Services and U.S. Department of Agriculture (<https://health.gov/dietaryguidelines/2015/guidelines/>)
- Vitamin D, National Institutes of Health (<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>)
- Calcium, National Institutes of Health (<https://ods.od.nih.gov/factsheets/Calcium-Consumer/>)
- Create-a-Smoothie, New England Dairy and Food Council (<https://www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf>)
- Fresh from the Farm: The Massachusetts Farm to School Cookbook, Massachusetts Farm to School (<https://www.massfarmtoschool.org/guide/fresh-farm-massachusetts-farm-school-cookbook/>)

Classroom

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- Farm to Table: Dairy Supply Chain, DairyMAX (<https://www.dairymax.org/sites/default/files/Farm%20to%20Table.pdf>)
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- Food Freezing Basics, North Dakota State University (<https://www.ag.ndsu.edu/pubs/yf/foods/fnw616.pdf>)
- Butter Making Activity, Gallatin Valley Farm to School
- Butter Making, Project Seasons Curriculum, Shelburne Farms (<https://shelburnefarms.org/sites/default/files/shakeit-buttermaking.pdf>)
- Milk Made for You, American Dairy Association Curriculum (https://www.americandairy.com/_resources/documents/milk_made_for_you.pdf)
- Create-a-Smoothie, New England Dairy and Food Council (<https://www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.pdf>)
- Fresh from the Farm: The Massachusetts Farm to School Cookbook, Massachusetts Farm to School (<https://www.massfarmtoschool.org/guide/fresh-farm-massachusetts-farm-school-cookbook/>)
- 2015 – 2020 Dietary Guidelines for Americans 8th Edition, U.S. Department of Health and Human Services and U.S. Department of Agriculture (<https://health.gov/dietaryguidelines/2015/guidelines/>)
- Source: Vitamin D, National Institutes of Health (<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>)
- Vitamin D, National Institutes of Health (<https://ods.od.nih.gov/factsheets/VitaminD-Consumer/>)
- Calcium, National Institutes of Health (<https://ods.od.nih.gov/factsheets/Calcium-Consumer/>)
- Dairy, Choose My Plate (<https://www.choosemyplate.gov/dairy>)

Dig Deeper

Get more information, register, or download resources:

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Home

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The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: mtharvestofthemonth.org.

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