



## Dear Parent or Caregiver,

You may have learned that milk is a good source of calcium, which supports our bones. But did you know that making milk and dairy products part of daily meals can help your child learn, grow, and stay focused? Packed with 13 essential nutrients — such as calcium, protein, riboflavin, and phosphorus — milk is critical for building strong bodies and minds. These nutrients provide the fuel your child needs for healing and energy that is not otherwise provided by their body. Milk also helps support the immune system and is a good source for rehydrating the body with naturally occurring electrolytes.

We encourage you to talk with your child about why milk should be a main ingredient for success in school and healthy living. As a family, **talk about** food choices and steps you might take to make improvements. For example:

- Why is it important for us to consume healthy foods/drinks like milk?
- How can we make choices together about what we eat?
- How can we enjoy milk throughout the day?

People who are lactose intolerant can consume dairy in various ways, such as lactose-free milk and dairy foods lower in lactose like natural cheese.

NOTE: People with a milk allergy should not drink milk or eat dairy products.

**Winners Drink Milk!**<sup>®</sup> This phrase originated after the 1936 Indianapolis 500<sup>®</sup> when driver Louis Meyer requested buttermilk to quench his thirst. That led to the Winners Drink Milk<sup>®</sup> tradition. Each year, an Indiana dairy farmer gives the iconic glass bottle of milk to the winner in Victory Circle.

Show your Indiana pride with these **fun family activities** that focus on the importance of making milk and dairy products a daily menu choice:

- Challenge each family member to find a recipe that includes milk and/or dairy products to add to your meal plan for the week.
- Have each family member guess how many products in your fridge include milk as an ingredient. Then do a count together to see who made the best guess.
- At the grocery store, find three items your family has never tried that include milk and try them out. Were there any “keepers”?

## Decadent Mac N' Cheese

You'll have dinner covered with this **yummy recipe**.

### Ingredients

- 8 oz elbow macaroni
- 2 cups whipping cream
- ½ cup (1 stick) butter
- 4 oz cream cheese
- 1 cup sour cream
- 8 oz small-curd cottage cheese
- 16 oz sharp Cheddar cheese, shredded (4 cups), divided
- 16 oz queso Chihuahua (or Monterey Jack), shredded (4 cups), divided
- 1 tsp salt
- ½ tsp pepper
- 1½ cups crushed buttery crackers



### Directions

- Preheat oven to 350 degrees.
- In a stockpot, cook macaroni in 1 gallon boiling salted water for 5 minutes; drain and rinse under cold water.
- In a medium saucepan, over medium heat, combine whipping cream, butter, and cream cheese.
- Cook, stirring constantly, until smooth.
- Remove from heat.
- In a large bowl, stir together macaroni, cream mixture, sour cream, cottage cheese, 3¾ cups Cheddar cheese, 3¾ cups queso Chihuahua, salt and pepper.
- In a food processor, pulse crackers and remaining Cheddar and Chihuahua cheeses until crumbly. (Or, finely crush crackers and combine with cheeses.)
- Pour macaroni mixture into a greased 13×9-inch baking dish; top with crumb mixture.
- Bake 30 to 45 minutes or until bubbly. Serve hot.

See [winnersdrinkmilk.com](http://winnersdrinkmilk.com) for additional dairy information and recipes.