



Communications Toolkit

To help School Foodservice Directors provide useful resources to parents and students, the American Dairy Association Mideast created a communications toolkit.

The resources linked below are a few of the many found on our website, Drink-Milk.com. Share on social media, on school websites and in digital newsletters using the suggested text on the following pages.

Recipe Resources

- ✖ 5 Recipes That are 5 Ingredients or Less to Make with Kids
- ✖ How to Make the Perfect Grilled Cheese
- ✖ Squeeze & Freeze Ice Cream
- ✖ Easy Greek Yogurt Dips
- ✖ Easy Cheese Pairings
- ✖ Perfect Pairings: Seasonal Snacking Guide
- ✖ 7 Ways to Use Yogurt

Food Safety Resources

- ✖ Cooking & Handling Dairy
- ✖ Keep Your Dairy Fresh
- ✖ Cheese Storage Tips
- ✖ Make the Most of Your Dairy

Nutrition Resources

- ✖ Health Benefits of Dairy
- ✖ Size Up Your Serving

At Home Activities

- ✖ MOOvelous Activities for Families
- ✖ Milk Mustache Recipe
- ✖ 9 Easy Mess with Your Milk Experiments

Copy & Download:

Use the suggested posts below to share the resources in this toolkit on social media. The text can also be adapted for websites and digital newsletters. Click here to download pictures to promote the resources.

Tag & Share:

Don't forget to tag us @ADAMideast on Facebook and Twitter!



5 Recipes That are 5 Ingredients or Less to Make with Kids

Make these 5 recipes that are 5 ingredients or less with kids at home! The whole family will love making these fun and colorful meals from @ADAMideast.

<https://bit.ly/2QABd6N>



How to Make the Perfect Grilled Cheese

Follow @ADAMideast's 5 steps to create the perfect grilled cheese using ingredients you have at home!

<http://bit.ly/2pHdSoS>

SQUEEZE & FREEZE ICE CREAM



Try this simple recipe to make homemade ice cream without an ice cream maker!

Makes 2 Servings

Ingredients:

Directions:
1. Put sugar, vanilla and milk in small plastic bag. Remove as much air as possible from

Squeeze & Freeze Ice Cream

Did you know you can make ice cream at home with just five simple ingredients in a resealable plastic bag? Find out how from @ADAMideast!

<https://bit.ly/3b6cqz4>



Easy Greek Yogurt Dips

Whether you're craving something sweet or savory, these easy Greek yogurt dips from @ADAMideast are sure to please as a healthy snack!

<https://bit.ly/2Ceke61>



Easy Cheese Pairings

What are your favorite ways to eat cheese? Get creative and try these healthy pairing ideas from @ADAMideast to mix up your cheesy summer snacks.

<https://bit.ly/2zH8E2q>



Perfect Pairings: Seasonal Snacking Guide

Adding dill to yogurt makes a great homemade veggie dip! Try these other ideas from @ADAMideast for pairing in-season produce with simple dairy foods for a healthy snack.

<http://bit.ly/2mSoz6u>

A graphic titled "seven ways to use yogurt" showing two ideas: 1. make a yogurt breakfast bowl and 2. blend a smoothie.

7 Ways to Use Yogurt

Have extra yogurt in the fridge? @ADAMideast says get creative! Share these 7 tasty ways to use yogurt with kids and invite them to try their favorite idea.

<https://bit.ly/2xxb6Hq>



Cooking & Handling Dairy

Not going to finish the milk in your fridge before it expires? Milk can be frozen in an airtight container - just remember that it will expand, so leave 1/2 inch of headspace. Get more tips like this from @ADAMideast.

<http://bit.ly/3b219jG>



Keep Your Dairy Fresh

Where do you store your milk in the refrigerator? See where @ADAMideast says is the best place is to keep it fresh and safe.

<https://bit.ly/2KcqZWO>



Cheese Storage Tips

Don't let extra or leftover cheese go to waste! Our friends at @ADAMideast share how to store different types of cheeses to help maximize and maintain freshness.

<http://bit.ly/1WtPyyK>

Make the Most of Your Dairy

From uneaten leftovers to spoiled food, 30-40% of food goes uneaten in the U.S. each year.¹ Learn what you can do to reduce your dairy food waste.

KEEP IT FRESH

Make refrigerated foods your last stop for grocery store, and the first thing you put away at home.
Only buy the product size you will use in one week.

Don't leave perishable foods sitting out for more than 2 hours - only 1 hour if the temperature is above 90° F.
Cheese is best served at room temperature. Soft cheeses can sit out for 2 hours, but soft cheeses should be tossed after 2 hours at room temperature.²

Store milk, cheese and yogurt between 2° and 40° F to maximize freshness.²

USE IT

Don't toss yogurt because there is liquid on the top - that's just the whey! Save the whey and pack it with yogurt for an extra boost of protein and creaminess.

Remove mold from bad cheese by cutting a one inch square around it. The rest is safe to eat.⁴
When cooking with cheese on the stovetop, up the heat to medium heat, instead of high. High heat can toughen the cheese and make it stringy.

Make your oatmeal, hot chocolate and soups with milk instead of water for a creamier, more nutritious taste.
Milk should be heated gently and slowly. Excessive heat can result in scorched flavor or a film of protein on the top of the milk.



Choose Lowfat Or Fat-Free Dairy

1 cup equivalent



Focus On Fruits

1/2 cup equivalent



Vary Your Veggies

1 cup equivalent



Make Half Your Grains Whole



Make the Most of Your Dairy

Did you know you can freeze extra yogurt for up to 2 months? Just don't be alarmed if there are changes in texture—that's normal and it is still safe to eat. Find out more ways to make the most of your dairy from @ADAMideast!

<http://bit.ly/33rPjfV>

Health Benefits of Dairy

By enjoying 3 servings of low fat or fat free milk, yogurt or cheese every day, families, especially kids and teens in their peak bone-building years, can help reduce the risk of osteoporosis later in life says @ADAMideast.

<https://bit.ly/34OU7Jt>

Size Up Your Serving

Create a healthy environment at home by eating healthy and moving more! @ADAMideast offers 9 tips to make it happen.

<https://bit.ly/3hxPugo>

MOOvelous Activities for Families

Struggling to find new and fun activities for kids to do while at home? From coloring sheets and word puzzles to educational videos, virtual field trips and crafts, @ADAMideast has dozens of free, downloadable resources for parents and teachers.

<http://bit.ly/2U1JGlU>

Milk Mustache Recipe

Make a homemade, edible milk mustache with @ADAMideast! See how, then be sure to share photos.

<https://bit.ly/3dzhOgA>

9 Easy Mess with Your Milk Experiments

In the name of curiosity and science, say yes to a little mess and get your kids thinking about milk in a whole new way. These simple experiments from @ADAMideast can all be done using everyday supplies you likely already have at home – including milk!

<https://bit.ly/2MhaNVj>

Questions?

Contact your area representative!

NORTHERN

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