

4 ways to think about dairy foods

The National Dairy Council designates June as Dairy Month. We look at some ways in which consumers can meet the recommended three servings a day.

Photo courtesy of MilkPEP



■ More than 46 million Americans receive support from Feeding America's network food banks each year. Of those, 12 million are children. There is dire need for fresh milk, especially in the summer when school is out. The Milk Processor Education Program (MilkPEP) encourages the dairy industry (and consumers) to donate this month.

Photo courtesy of the Wisconsin Milk Marketing Board



■ Pairing cheese with beer or wine is so last century. Today's hipsters pour a glass of kombucha (a sweet/tart fermented tea) and serve it alongside a wedge of cheese. In its magazine *Grate. Pair. Share.*, the Wisconsin Milk Marketing Board suggests pairing a raspberry flavor kombucha with a Cheddar.



■ U.S. dairy processors made 4.7 billion pounds of yogurt in 2015, according to the USDA. This cultured dairy product is a food for all reasons. "Dip it, spread it, freeze it, add fruit to it or eat it plain" are five suggestions from the Dairy Council of California.

Photo courtesy of the International Dairy Foods Association



■ Ice cream is the great uniter. Senators and representatives from both sides of the aisle in our nation's capital find common ground in this frozen dairy treat at the annual Ice Cream Social sponsored by the International Dairy Foods Association.

