



## Milk matters

Children of every age, and adults too, need the calcium, protein and vitamin D found in milk for strong bones, teeth and muscles. Serve fat-free or low-fat (1 percent) milk or yogurt at meals and snacks. What about flavored milk? It contains added sugars. If you have trouble drinking or eating dairy because you or a family member is lactose intolerant, you may be able to consume smaller portions (about 4 ounces). Lactose-free and lower-lactose products are available, such as lactose-reduced or lactose-free milk, yogurt, cheese and calcium-fortified nondairy milks.

### Be food safe, some tips:

- Wash hands before preparing food.
- Refrigerate dairy foods like milk, cheese and yogurt immediately.
- Avoid leaving milk or other dairy foods out on the counter for more than 2 hours.

### What can you do to help your child choose dairy foods?

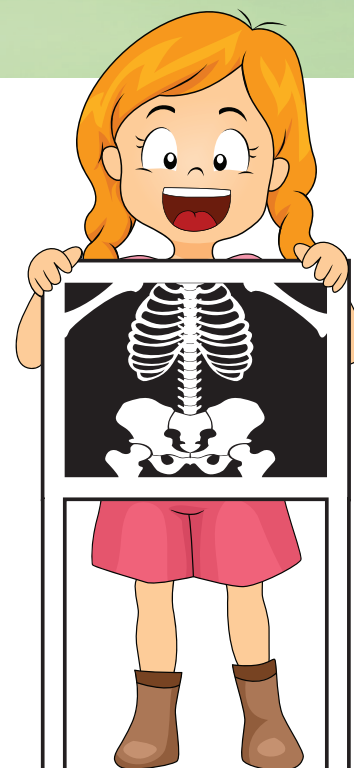
- They learn from watching you—choose dairy foods and your child will, too.
- Children love to be involved in preparing food. Try the recipes on the next page.



## Get strong

MyActivity Pyramid (see above) reminds your child to include activities that build strong bones.

Foods with calcium, like dairy foods, help build strong bones and teeth. Activities such as walking, playing basketball, dancing, jogging or running and jumping rope help build strong bones—young and old!



# Recipes

## Fruit and Yogurt Breakfast Waffle Pizza

(Makes 1 serving)

### Ingredients:

- 1 frozen whole-wheat toaster waffle
- 4 ounces plain or flavored low-fat yogurt
- ½ cup fresh, frozen or canned fruit, cut into bite-size pieces

### Directions:

1. Wash hands and surfaces.
2. Toast waffle. Put on plate and cover with yogurt. Top with fruit.
3. Refrigerate leftovers immediately.



## Cheesy Italian-Style Vegetables

(Makes 10 servings)

### Ingredients:

- 1 onion, chopped
- 1 summer squash, diced
- 1 tomato, diced
- 1 green pepper, chopped
- 1 can (8 ounces) Italian-seasoned tomato sauce
- ½ cup low-fat mozzarella cheese, shredded

### Directions:

1. Preheat oven to 350 degrees F.
2. Wash hands and surfaces.
3. In a medium-sized baking dish, mix vegetables together. Pour tomato sauce over vegetables. Bake uncovered for 20 to 30 minutes.
4. Top with cheese and bake for 4 to 5 minutes until cheese is lightly browned.
5. Refrigerate leftovers immediately.

Find more information and view videos on how moms are helping their families eat healthier foods at <https://www.fns.usda.gov/core-nutrition/especially-moms-0>.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to [mydss.mo.gov/food-assistance](https://mydss.mo.gov/food-assistance)