



Dairy

Sources

Cafeteria

- The Visual Food Encyclopedia
- National Agriculture Statistics Service (<https://www.nass.usda.gov/>)
- Dairy MAX (DairyDiscoveryZone.com)
- Dairy Nutrients and Health Benefits, USDA Choose My Plate (<https://www.choosemyplate.gov/dairy-nutrients-health>)
- Farm to Table: Dairy Supply Chain, Dairy MAX (<https://www.dairymax.org/sites/default/files/Farm%20to%20Table.pdf>)
- 2017 Montana Dairy Facts, Dairy MAX (https://www.dairymax.org/sites/default/files/2018_IIR_Resources_Montana%20Fact%20Sheet.pdf)
- Dairy Foods Science Notes, 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, USDA Food Safety and Inspection Service (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)
- Montana State University Extension (www.msuextension.org/nutrition)
- MyPlate: Dairy Group, University of Nebraska-Lincoln Extension (<http://extensionpublications.unl.edu/assets/pdf/g1611.pdf>)
- Food Freezing Basics: Freezing Dairy Products, Eggs and Other Foods, 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/>)
- Create-a-Smoothie, New England Dairy and Food Council (<https://www.newenglanddairyCouncil.org/schools/dairy-in-schools/smoothies/>)
- 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/>)
- 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/>)

Dig Deeper

Get more information, register, or download resources:

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www.montana.edu/mtharvestofthemoth

Classroom

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- Dairy Nutrients and Health Benefits, USDA Choose My Plate (<https://www.choosemyplate.gov/dairy-nutrients-health>)
- Farm to Table: Dairy Supply Chain, Dairy MAX (<https://www.dairymax.org/sites/default/files/Farm%20to%20Table.pdf>)
- 2017 Montana Dairy Facts, Dairy MAX (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/>)
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- Butter Making Activity, Gallatin Valley Farm to School
- Milk Made for You, American Dairy Association (https://www.americandairy.com/_resources/documents/milk_made_for_you.pdf)
- Create-a-Smoothie, New England Dairy and Food Council (<https://www.newenglanddairyandfoodcouncil.org/schools/dairy-in-schools/smoothies/>)
- 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/>)
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- 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/>)

Home

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Table Tent

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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: www.montana.edu/mtharvestofthemonth.

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