



# Dairy Across the Plate

## Resources

- [Defining Dairy: Milk](http://www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Milk-Letter.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Milk-Letter.pdf](http://www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Milk-Letter.pdf)
- [Defining Dairy: Yogurt](http://www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Yogurt-Letter.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Yogurt-Letter.pdf](http://www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Yogurt-Letter.pdf)
- [Defining Dairy: Cheese](http://www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Cheese-Letter.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Cheese-Letter.pdf](http://www.drink-milk.com/wp-content/uploads/2023/06/DefiningDairy-Cheese-Letter.pdf)
- [Shelf Stable Milk](http://www.drink-milk.com/wp-content/uploads/2023/11/Shelf-Stable-Milk.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/11/Shelf-Stable-Milk.pdf](http://www.drink-milk.com/wp-content/uploads/2023/11/Shelf-Stable-Milk.pdf)
- [Lactose Intolerance](https://www.drink-milk.com/wp-content/uploads/2023/08/Facts-About-Lactose-Intolerance.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/08/Facts-About-Lactose-Intolerance.pdf](https://www.drink-milk.com/wp-content/uploads/2023/08/Facts-About-Lactose-Intolerance.pdf)
- [13 Ways Milk Can Help Your Body](http://www.drink-milk.com/wp-content/uploads/2023/04/13-Ways-Milk-Can-Help-Your-Body.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/04/13-Ways-Milk-Can-Help-Your-Body.pdf](http://www.drink-milk.com/wp-content/uploads/2023/04/13-Ways-Milk-Can-Help-Your-Body.pdf)
- [9 Ways Yogurt Can Help Your Body](http://www.drink-milk.com/wp-content/uploads/2023/04/9-Ways-Yogurt-Can-Help-Your-Body.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/04/9-Ways-Yogurt-Can-Help-Your-Body.pdf](http://www.drink-milk.com/wp-content/uploads/2023/04/9-Ways-Yogurt-Can-Help-Your-Body.pdf)
- [8 Ways Cheese Can Help Your Body](http://www.drink-milk.com/wp-content/uploads/2023/04/8-Ways-Cheese-Can-Help-Your-Body.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/04/8-Ways-Cheese-Can-Help-Your-Body.pdf](http://www.drink-milk.com/wp-content/uploads/2023/04/8-Ways-Cheese-Can-Help-Your-Body.pdf)
- [Dairy is Fresh & Local](http://www.drink-milk.com/wp-content/uploads/2020/06/Dairy-is-Fresh-Local.pdf)  
[www.drink-milk.com/wp-content/uploads/2020/06/Dairy-is-Fresh-Local.pdf](http://www.drink-milk.com/wp-content/uploads/2020/06/Dairy-is-Fresh-Local.pdf)
- [Ohio Dairy Facts](http://www.drink-milk.com/wp-content/uploads/2023/06/Ohio-Dairy-Facts-June-2023.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/06/Ohio-Dairy-Facts-June-2023.pdf](http://www.drink-milk.com/wp-content/uploads/2023/06/Ohio-Dairy-Facts-June-2023.pdf)
- [Dairy Foods Made in Ohio](http://www.drink-milk.com/wp-content/uploads/2022/12/2023-Made-in-Ohio-handout.pdf)  
[www.drink-milk.com/wp-content/uploads/2022/12/2023-Made-in-Ohio-handout.pdf](http://www.drink-milk.com/wp-content/uploads/2022/12/2023-Made-in-Ohio-handout.pdf)
- [35 Fun Facts About Dairy](http://www.drink-milk.com/wp-content/uploads/2022/06/35-Fun-Facts-About-Dairy-2022.pdf)  
[www.drink-milk.com/wp-content/uploads/2022/06/35-Fun-Facts-About-Dairy-2022.pdf](http://www.drink-milk.com/wp-content/uploads/2022/06/35-Fun-Facts-About-Dairy-2022.pdf)

## Dairy Coloring Pages

- [www.drink-milk.com/wp-content/uploads/2023/06/Dairy-Every-Day-Coloring-Page.pdf](http://www.drink-milk.com/wp-content/uploads/2023/06/Dairy-Every-Day-Coloring-Page.pdf)
- [www.drink-milk.com/wp-content/uploads/2020/03/Advanced-Dairy-Coloring-Pages.pdf](http://www.drink-milk.com/wp-content/uploads/2020/03/Advanced-Dairy-Coloring-Pages.pdf)

## Recipes

- [Yogurt Smoothies](http://www.drink-milk.com/wp-content/uploads/2023/01/Smoothie-School-Kit.pdf)  
[www.drink-milk.com/wp-content/uploads/2023/01/Smoothie-School-Kit.pdf](http://www.drink-milk.com/wp-content/uploads/2023/01/Smoothie-School-Kit.pdf)
- [Yogurt Parfaits](http://www.drink-milk.com/wp-content/uploads/2020/02/Yogurt-Parfait-School-Kit.pdf)  
[www.drink-milk.com/wp-content/uploads/2020/02/Yogurt-Parfait-School-Kit.pdf](http://www.drink-milk.com/wp-content/uploads/2020/02/Yogurt-Parfait-School-Kit.pdf)
- [Refrigerator Oats](http://www.drink-milk.com/wp-content/uploads/2020/02/Overnight-Oats-School-Kit.pdf)  
[www.drink-milk.com/wp-content/uploads/2020/02/Overnight-Oats-School-Kit.pdf](http://www.drink-milk.com/wp-content/uploads/2020/02/Overnight-Oats-School-Kit.pdf)
- [Large Batch Dairy](http://www.drink-milk.com/wp-content/uploads/2022/03/Large-Batch-School-Recipes.pdf)  
[www.drink-milk.com/wp-content/uploads/2022/03/Large-Batch-School-Recipes.pdf](http://www.drink-milk.com/wp-content/uploads/2022/03/Large-Batch-School-Recipes.pdf)