CACFP
Child and Adult Care Food Program
New York State Department of Health

PARENT PAGES

Dairylicious

Tips to Enjoy Low-Fat Dairy

1. Top wheat crackers with low-fat mozzarella cheese.
2. Make **cheesy veggies** for your family.
3. Try low-fat cottage cheese with canned fruit.
4. Pour low-fat milk over frozen berries for a cool snack.
5. Choose cheese with less fat. Look for “low-fat” or “reduced-fat” on the label.
6. When recipes call for sour cream, use plain yogurt instead.
7. Use fat-free evaporated milk instead of cream.

Today at child care your child learned about dairy products and why they are important. Milk, cheese, and yogurt contain calcium and vitamin D, which children need for strong bones and teeth. Help your child grow strong. Switch to fat-free or low-fat (1%) milk for children 2 years or older. They learn from watching you. Drink milk and your children will too. You need 3 cups and your child needs 2 cups of dairy products each day.

Cheesy Veggies

Yield: 4 cups
Serves: 8 adults

Ingredients
4 cups chopped vegetables (such as broccoli or cauliflower)
1 tablespoon flour
1 cup low-fat milk
dash of pepper
4 ounces shredded low-fat sharp cheddar cheese (1 cup).

Steps
1. Cook vegetables until tender and set aside.
2. **Using a fork, blend flour into low-fat milk until flour can no longer be seen and there are no lumps.**
3. Heat milk and flour mixture in a pan over medium heat, stirring constantly, until it begins to bubble.
4. Continue cooking and stirring until sauce thickens, about 1-2 minutes.
5. Reduce heat to low and add pepper and shredded cheese.
6. Stir until cheese melts.
7. Remove from heat and pour over the cooked vegetables.
8. **Enjoy!**

Have your child help you do the bold steps.

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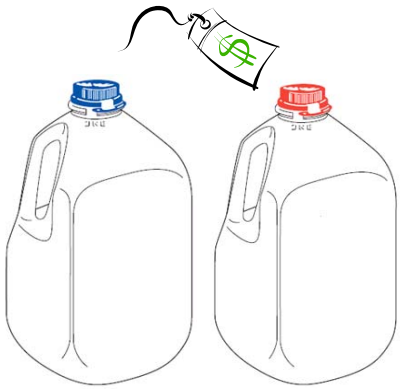

Milk Cost Comparison

The next time you go shopping, take this chart along with you and write down the milk prices.

Type of Milk	Cost of One Gallon
Whole	
Reduced-Fat (2%)	
Low-Fat (1%)	
Fat-Free (Skim)	

Lose the Fat–Keep the Nutrients at No Extra Cost!

Low-fat (1%) or fat-free milk gives you all of the protein, calcium and vitamin D that 2% and whole milk provide, with less fat and calories. And low-fat (1%) or fat-free milk usually costs the same or less than 2% or whole milk.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA's SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.