



## Berks Society 6

Berks County Farm Women Group 6 held its March meeting in the home of Joyce Mast. Eight members and one guest attended. Randy Van Fleet presented an interesting and informative talk on the making of maple syrup. The sample of pure maple syrup was quite tasty.

Discussion followed on the Oley Community pot pie dinner and the county project, Longaberger Bingo.

The April meeting will be a tour of Glick's Greenhouses hosted by Beth Glick.



## Hot Chocolate Nutrition Information

Did you know that . . .

- preparing hot chocolate with water, instead of milk, deprives your children not only of the rich, creamy flavor enhanced by the milk, but also their need for calcium. One cup of milk contains about 300 milligrams of calcium — about a third of a child's recommended daily allowance.

- (HOT) chocolate milk is a significant source of riboflavin that helps promote healthy skin and eyes, as well as Vitamins A and D.

- (HOT) chocolate milk has five important minerals: calcium, phosphorus, magnesium, potassium, and sodium.

- Calcium from hot chocolate helps your muscles contract and relax, helps your heart beat, helps your blood clot, and helps nerves send messages.

- A diet low in calcium has been linked to several health problems: bone-crippling osteoporosis; bone loss in the jaw — resulting in difficulty chewing, tooth loss, and hypertension.

- To equal the amount of calcium in one eight-ounce glass of hot chocolate milk, your kids would have to eat 3 cups of kale, 4 cups of broccoli, or 14 slices of whole wheat bread.

- Studies show women who do not consume the equivalent of two glasses of milk a day, lose bone mass at a rate of one percent per year.

- Women who drink two or more cups of coffee per day and at least one glass of milk or hot chocolate milk daily, have bone densities 6.5 percent higher than women who drink coffee but don't drink milk.

## Lancaster Society 8

Lancaster Farm Women No. 8 met on March 11. Members were given a tour of the Wilton Factory in Mount Joy. They went to the Vo-Tech School for lunch and were shown the culinary facilities

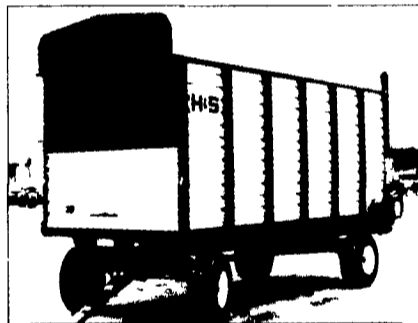
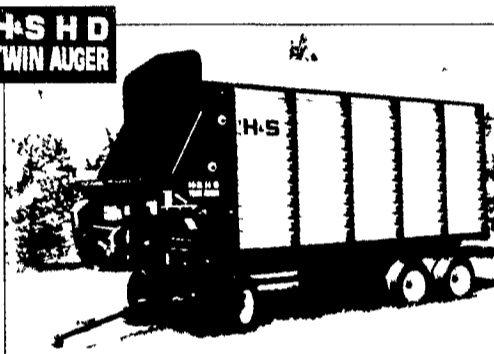
at the school.

In error, the name of Gladys Ney was omitted from the hostess list of the previous meeting.

Members will meet on April 1 at Reich's Church in Marietta.

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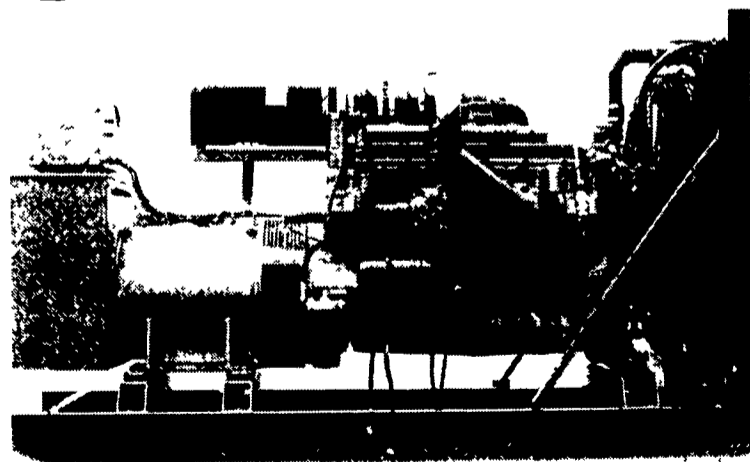
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