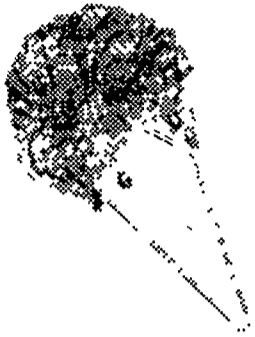


Kids Korner

DAIRY COUNCIL CELEBRATES JUNE DAIRY MONTH & JULY ICE CREAM MONTH



Kick The Can Ice Cream

Celebrate National Ice Cream Month by making your own in a fun and unique way! Try this as an activity with family or friends. This is a great idea for a birthday party, too. (you'll need duct tape, one large can and one small can with lids - coffee cans work nicely.)

<p>1 Gather Milk Cream Sugar Vanilla Ice Rock salt Large and small cans with lids</p>	<p>2 Measure 1 cup milk 1 cup whipping cream 1/2 cup sugar 1 teaspoon vanilla</p>	<p>3 Pour them all into the small can</p>	<p>4 Cover the can and tape well Shake the can to mix.</p>
<p>5 Put a layer of ice and rock salt in large can Add small can and layer more ice and rock salt Cover can and tape well</p>	<p>6 Kick or roll the can for about 10 minutes</p>	<p>7 Remove the small can. Scrape ice cream away from the side of the can. Put back in large can—with more ice and salt. Kick or roll for 5 more minutes</p>	<p>8 Stir. Serve. And enjoy!</p>



Easy Energizing Summer Snacks

Fill up your body with energy and nutrients before or after your summer activities! You need to fuel your body with good nutrition. Here are some quick and easy bone-building snacks that are good sources of calcium, and part of a well-balanced diet. Make these easy recipes with the help of your parents:



Calcium Colada

Blend 1 cup vanilla yogurt, 1 cup of milk, and 1 cup of chopped pineapple. Pour into a tall glass and enjoy!

Banana Graham Soup

Crumble graham crackers into a bowl of milk. Add sliced bananas. Grab a spoon and eat like soup!

Fruity Cream Dream

Mix ricotta cheese with a spoonful of sugar. Add on top a bowl of pre-cut fruit.

Work-Out Wrap

Place string cheese and salsa inside a soft tortilla. Roll up and with the help of your parent, microwave for 1-2 minutes. Ole!

Yahoo Yogurt

Toss granola and your favorite chopped fruit into a carton of yogurt. Mix it up and enjoy!

Visit Our Web Site...

familyfoodzone.com

Enter an Art Contest on our web site.

Draw a picture of yourself enjoying your favorite summer food, (example, eating an ice cream cone) or enjoying your favorite summer outdoor activity (example, running through your sprinklers). The winner will receive a "got milk?" T-shirt and have his/her picture featured on our web site.

For more information on Child Nutrition, send a self-addressed, stamped envelope to:
Kids - Dairy Council Inc.
1225 Industrial Boulevard
Southampton, PA 18966-4044

DAIRY COUNCIL, INC.



THE NUTRITION EDUCATION PEOPLE

Dairy Council, Inc. is a non-profit nutrition education organization funded by local dairy farmers.