

Mix It With Milk 'N Jell-O Program Kicks Off

HARRISBURG (Dauphin Co.) — What does milk, Jell-O, marshmallow cream, and strawberry jam have in common?

They're all a part of Elizabeth Adams' prize-winning milk creation, "Stuck in a Jam" in the January Mix It With Milk 'n JELL-O monthly contest.

The "Mix it with Milk 'n Jell-O" contest, a partnership between the dairy promotion check-off program and Jell-O, recently kicked off to encourage kids to create flavored drinks that include milk, Jell-O products, and other fun, flavorful mix-ins.

The national contest asks kids ages 6-12 to create their own recipe using white milk and Jell-O brand gelatin and/or pudding and features a different contest theme each month. Each monthly winner, including Adam's will receive \$1,000, a Jell-O prize pack and a trip for two to New York City to compete against other monthly winners in a "Milk Mix Off" in November. Adams' a resident of Parkersburg, W.Va. will compete in the National "Milk Mix Off."

"Dairy farmers benefit when we can develop programs that work to get kids excited about drinking milk by encouraging fun and creativity," says Scott Higgins, CEO of the Pennsylvania Dairy Promotion Program and the American Dairy Association and Dairy Council Mid East. "If kids get in the habit of drinking milk when they're young, they're more likely to choose milk throughout their lives which helps to increase dairy demand for the long term."

Lycoming County Searches For Dairy Promotion Candidates

WILLIAMSPORT (Lycoming Co.) — The Lycoming County Dairy Princess Committee is searching for candidates to vie for princess. Dairy Princess contestants must be between the ages of 16 and 24, and be connected to the dairy industry through herself or a parent's employment. This includes working on a dairy farm, raising replacement heifers, selling dairy supplies, working in a dairy processing plant, or working in a dairy store. She also could qualify by owning a 4-H or FFA dairy project. She must be single and never have had a child.

The winner of the dairy princess pageant will serve Lycoming County dairy industry for a year making appearances at schools, malls, radio stations, and grocery stores. She will also speak to farm and non-farm groups.

The Lycoming County Dairy Princess Committee is also looking for dairymaid candidates to assist the princess throughout the year. These candidates must be 13 years old and have a relative involved in the dairy industry or is herself. She also could have a FFA or 4-H dairy project. If interested, contact Wanda Derr at the number listed above.

Here is a recipe that will get you and your family ready for spring!

CHOCOLATE PEANUT BUTTER CUP SMOOTHIE

- 1½ cups fat-free chocolate milk
 - 2 tablespoons reduced fat creamy peanut butter
 - ½ cup fat free frozen yogurt (vanilla or chocolate)
- Combine ingredients in a blender container. Cover and blend at high speed until smooth. Makes 2 servings.

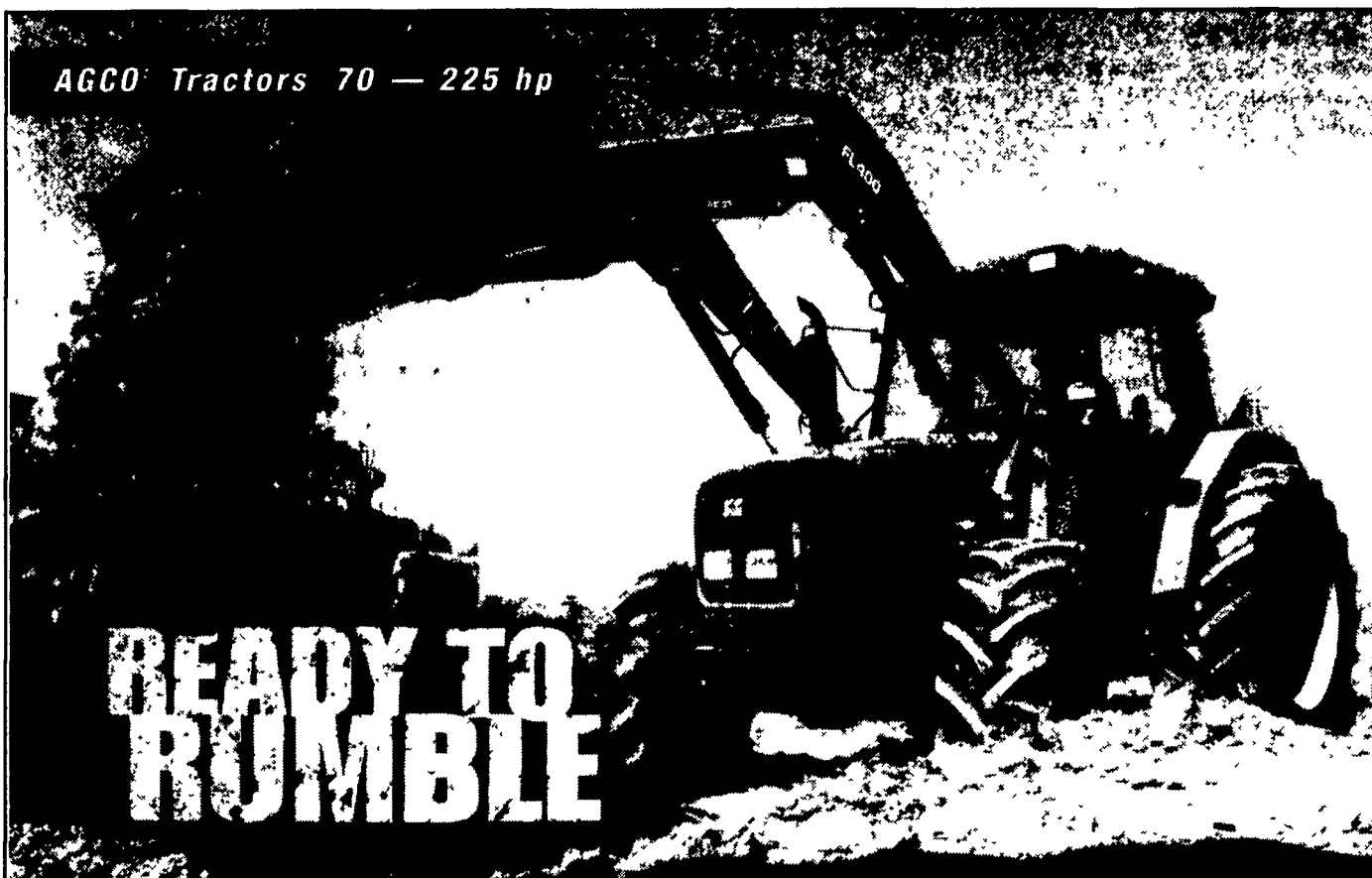


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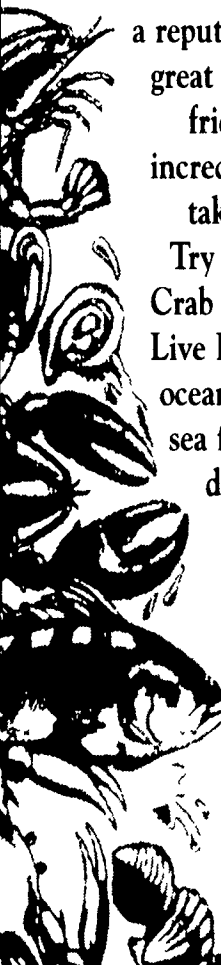
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