



Southwest/Southland Dairy Farmers'

DAIRY LINE

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INSIDE: MDC Educates School
Children Across Arizona



American Institute for Cancer Research: No Direct Link In Dairy Consumption And Increased Risk of Breast Cancer



A new study is making the rounds these days that suggests drinking dairy milk increases the risk of breast cancer. But that is simply not true, says the American Institute for Cancer Research (AICR).

The study by AICR was done in coordination with the World Cancer Research Fund as part of the AICR/WCRF Continuous Update Project, an ongoing program that analyzes research from around the world. The findings were also supported by the National Cancer Institute. Bottom line: "AICR's latest breast cancer report, the most comprehensive analysis of the global evidence, found no evidence linking dairy or dairy milk to breast cancer risk."

Southwest and Southland Dairy Farmers want to keep you up to date on research articles about dairy, so we hope you will read

the AICR article at their website wcrf.org.

AICR's latest breast cancer report, the most comprehensive analysis of the global evidence, found no evidence linking dairy or dairy milk to breast cancer risk.

A brief synopsis of the AICR Report includes the following important facts and statements:

- AICR Vice President of Research Nigel Brockton: "For the best estimate of the risk of breast cancer associated with milk consumption, take a look at the American Institute for Cancer Research/World Cancer Research Fund analyses, which show no increased risk with higher milk consumption."
- There were also no clear links to breast cancer found with cheese and yogurt.
- Among other cancers, AICR research found strong evidence that dairy decreases the risk of colorectal cancer.
- "Dairy is packed with nutrition," said AICR's Director of Nutrition Programs Sheena P. Swanner, MS, RDN, LD. "It is a good source of calcium, which is important for building bones and teeth along with helping to maintain bone density, and a good source of protein which helps to build/repair muscle. Dairy foods also contain essential vitamins and minerals, such as potassium and phosphorus. Nearly all milk is fortified with vitamin D, which helps promote absorption of calcium." 🐄



Southwest Dairy Farmers banner featuring a Special Olympian from Missouri.

Special Olympics Summer Games

Unfortunately, due to the COVID-19 outbreak in the United States, the 2020 Summer Games in Oklahoma, Texas, Kansas, Kentucky, North Carolina, and Virginia have been cancelled. At the time of this publication, management of the Special Olympics in Missouri is still evaluating the COVID-19 situation and their Summer Games.

Our dairy producers are proud to be supporters of such an inspiring organization. These community events provide SWDF/SLDF the opportunity to provide dairy promotion in the local community while giving back and supporting such a great cause. We are working with administrators of state Special Olympic offices to find alternative sponsorship opportunities. 🐄

Jill Castle, Child Nutritionist Update

Our partnership with Jill Castle, MS, RDN, has been filled with lots of practical dairy education for Southwest and Southland Dairy Farmers to communicate to the consumer. Since teaming up with Castle in July 2019, her videos have been viewed throughout the country through our website, social media, and digital advertising. Three white papers have been released, *Is Whole Milk Good for Kids?*, *How to Make Sure Kids Get Enough Vitamin D*, and *Six Strategies to Manage Lactose Intolerance and Health* and can be seen on our website. Be sure to check out our website for new white papers by Jill to reinforce our commitment to dairy as a wholesome cost-effective part of everyone's diet. 🐄

Chicken and Mushrooms with a White Wine Cream Sauce

- 2-3 boneless whole chicken breasts
- salt and pepper to taste
- 1/2 c. butter
- + 1 tbsp. butter (for separate use)
- 1 large onion (chopped)
- 1 whole stalk of celery (sliced)
- 1 large bay leaf
- 1/3 lb. mushrooms (sliced)
- 1 c. dry white wine
- 2 1/2 c. hot chicken broth or bouillon
- 1/2 c. milk
- juice of 1/2 lemon
- 1/2 c. heavy cream
- 3 tbsp. flour

1. Season chicken with salt and pepper and sear in 1/2 c. butter until almost done. Remove from sauté pan and let rest.
2. In the same sauté pan combine onion, celery and bay leaf and cook until onions are translucent.
3. Next add mushrooms and white wine and cook until wine is reduced by half.
4. Add chicken broth or bouillon, milk, lemon juice and heavy cream. Let simmer until mushrooms soften.
5. Whisk in flour and remaining butter. Remove bay leaf.
6. Stir to combine.
7. Add chicken. Simmer until done.



Tip: Substitute chicken with either steak or veal. (If using steak or veal we suggest substituting chicken broth with beef broth or bouillon).



Our MDC Instructor presenting to a large group of students at Parkridge Elementary in Peoria, AZ.

MDC Educates School Children Across Arizona

At the request of school nutrition directors in the Tucson and Peoria ISD in Arizona, the Southwest Dairy Farmers have, once again, successfully taken our Mobile Dairy Classroom program to Arizona for a 4-week run. Our MDC Instructors utilized the warm Arizona weather to teach school children about the importance of dairy foods in their healthy diet and show these students how wholesome dairy products move from the farm to their grocery store. Most of the schools visited mentioned SWDF on their

social media outlet and were so thankful for the opportunity to experience our MDC. A teacher from Paseo Verde Elementary in Maricopa County stated, "It was a great presentation and program. The students really got to see where milk is coming from and the process it takes to get to the store from the dairy farm. I highly recommend this program!" In all, our classroom visited 37 schools and educated 17,500 students in Tucson and Peoria, sponsored by our supporting Arizona dairy farmers. 🐄

MDC Instructor Spotlight: Steven Branecky

Meet Steven Branecky, one of our Mobile Dairy Classroom Instructors for the State of Texas (serving Hill Country from Del Rio to San Antonio, Austin area to Williamson County).

Steven has been employed with Southwest Dairy Farmers since July 2016. Previous to SWDF, he had retired from a full and successful 28-year Ag teaching career. Steven has a Bachelor of Science degree in Agriculture Education from Texas A&M University and a Master of Agriculture from Texas A&M Kingsville.

Steven has been married to Annette

for 41 years and they have 4 grown children and 4 grandchildren. They both enjoy Texas Aggie sports, antiquing and re-purposing old into new and usable. Steven also enjoys metal and woodworking and being a strong advocate for agriculture. His dream vacation spot would be as a season ticket holder with a sky box room on the 50-yard line at the Kyle Field Football Stadium at Texas A&M University. Steven considers his favorite part of the job to be the reaction he gets from the audience every time the milk hits the weigh jar. "Different groups keep it interesting, but the same reaction is gratifying." 🐄



Joe Hylton, SWDM Longtime Board Member, Dies

Southwest Dairy Farmers regretfully recognizes the passing of Joe Hylton on Tuesday, March 10, 2020 in Mountain Grove, MO. Joe was a long time dairy cooperative manager and consultant, most recently with Central Equity Milk Cooperative. He served on the SWDM Board of Directors as a charter member for over 27 years until his retirement in April 2019. Joe was a good friend to the dairy industry and instrumental to the success of SWDM. 🐄



Bill Braum, Founder of Braum's Ice Cream Stores, Dies at 92

We are saddened to learn of the death of Bill Braum, founder of the Braum's Ice Cream and Dairy Stores, at the age of 92. Braum built a legendary brand of ice cream through the Braum's Dairy Stores with the first store in Oklahoma City in 1968. Braum controlled the complete supply line from agriculture, production, and manufacturing at his dairy farm and plant in Tuttle, OK to their retail stores. Braum has almost 300 dairy stores in operation in Arkansas, Kansas, Missouri, Oklahoma, and Texas, The Southwest Dairy Farmers offer sincere condolences to the Braum family. 🐄

Mobile Dairy Classrooms Ready To Roll When Schools Reopen

Program Also In Talks With Fairs And Exhibits

Normally, this would be a very active time of the year for the Mobile Dairy Classroom program of the Southwest and Southland Dairy Farmers. Spring is here, the weather is warming up, and it's a great time for kids, teachers, and parents to gather outside and enjoy the Mobile Dairy Classroom experience. The same goes for attendees at various fairs and large exhibits that were scheduled for the spring and summer seasons. But as with all things involving crowds of any size these days, the Mobile Dairy Classroom program lately is experiencing "social distancing" in a big way.

"We're disappointed that our Mobile Dairy units are in a holding pattern," said Jim Hill, CEO of Southwest and Southland Dairy Farmers. "Our Mobile Dairy Classrooms represent our flagship initiative and we know how popular

they are with students, their parents, and teachers. In any given year, we'll present this educational experience to over 750,000 people. With some school districts closing for months and some even for the whole year, that number will fall well short of our historical audiences."

Ralph Keel, Director of Mobile Classroom Programs for Southwest and Southland Dairy Farmers, said the organization's schedule for fairs, exhibits, and other special events is in limbo as well. "This came at us pretty quickly," said Keel, "but I can honestly say we were able to respond quickly and effectively to ensure our fair and exhibit partners that we could remain flexible and help them with rescheduling and related details." Keel said his group's focus has been to make sure schools, fairs, exhibits, and other events such as Special Olympics, could easily reschedule

when appropriate. "We let our partners know that we're all in this together and would stand by to get back on track when they are back up and running."

As of this writing, Keel said that school closures or delayed returns have affected Mobile Dairy appearances at schools in ten states from Arizona to Virginia. He said Special Olympics Summer Games cancellations in six states, with one still evaluating the situation, have put a hold on Mobile Dairy Classroom engagements.

Hill added that Southwest and Southland Dairy Farmers is working with all affected school districts through their administrators, and with individual events and fair and exhibit operators in order to accommodate these venues with our dairy education programs. 🐮

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