



Southwest/Southland Dairy Farmers'

# DAIRY LINE

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INSIDE: SDF Partners with University of Central Oklahoma



## Southwest / Southland Dairy Farmers Work With Oklahoma State University To Develop Dairy Curricula



### DAIRY INFORMATION RESOURCES AND CLASSROOM CURRICULUM



<https://agresearch.okstate.edu/facilities/ferguson-family-dairy-center/>





 <p><b>Pre – K Lesson Plans</b></p> <ul style="list-style-type: none"> <li>• OSU Dairy</li> <li>• Dairy Facts</li> <li>• Robotic Milker</li> <li>• Life Cycle of Dairy Cattle</li> </ul>	 <p><b>6th - 8th Grade Lesson Plans</b></p> <ul style="list-style-type: none"> <li>• OSU Dairy</li> <li>• Dairy Byproducts</li> <li>• Robotic Milker</li> <li>• Dairy Careers</li> <li>• Dairy Processing</li> <li>• Life Cycle of Dairy Cattle</li> </ul>
 <p><b>Kinder – 2nd Grade Lesson Plans</b></p> <ul style="list-style-type: none"> <li>• OSU Dairy</li> <li>• Dairy Breeds</li> <li>• Dairy Facts</li> <li>• Dairy Careers</li> <li>• Robotic Milker</li> <li>• Life Cycle of Dairy Cattle</li> </ul>	 <p><b>9th - 12th Grade Lesson Plans</b></p> <ul style="list-style-type: none"> <li>• Dairy Careers</li> <li>• Dairy Processing</li> <li>• Life Cycle of Dairy Cattle</li> <li>• Robotic Milker</li> </ul>
 <p><b>3rd - 5th Grade Lesson Plans</b></p> <ul style="list-style-type: none"> <li>• OSU Dairy</li> <li>• Dairy Breeds</li> <li>• Dairy Facts</li> <li>• Dairy Careers</li> <li>• Dairy Byproducts</li> <li>• Robotic Milker</li> <li>• Life Cycle of Dairy Cattle</li> </ul>	 <p><b>Adult Lesson Plans</b></p> <ul style="list-style-type: none"> <li>• OSU Dairy</li> <li>• Dairy Processing</li> <li>• Robotic Milker</li> </ul>



Since our founding in 1983, the Southwest Dairy Museum has placed an emphasis on providing dairy nutritional education to young and old alike. In 1988 with the opening of our dairy museum in Sulphur Springs, Texas and the development of our mobile dairy classroom program, in addition to our efforts to create and increase demand for dairy products, we have placed a heavy emphasis on dairy education and the importance of dairy in a healthy diet. Our Mobile Dairy Classroom program has continued to grow while many thought our "ag-based" programs were not effective in promoting the message for milk and dairy products. While we have adjusted our "dairy" message over the

years, we have continued to emphasize that no matter what your age, you need milk in a healthy diet.

The Southwest Dairy Farmers have remained consistent in our beliefs that we teach people why they need milk in a healthy diet and not just "drink your milk!" Current efforts in dairy promotion programs are now recognizing that providing dairy education and "taking the dairy farm to schools and other events" is necessary to effectively educate and, in turn, increase the demand for milk and dairy products. Common belief seems

(Continued on Page 2)

## SWDF/SLDF Work with OSU to Develop Dairy Curricula (Continued from Page 1)

to be that with the increase in misinformation about agriculture, it is so important to develop our programs to link back to agriculture and dairy in schools and other venues. This is critical for future generations. The Southwest Dairy Farmers couldn't agree more.

In 2020, to further support our dairy educational programs, we entered into an agreement with Oklahoma State University's College of Agriculture Dairy Program to assist not only in the development of a Visitors Center at the upgraded Ferguson Family Dairy Center, but to fund the effort to assemble lesson plans, learning activities, instructional materials, and assessment tools for teachers. The development of this curricula by the agriculture education at Oklahoma State University, a land-grant university, focused particularly on materials that integrated STEM concepts and standards. The support from Southwest Dairy Farmers helped to develop modern curricula for use in classrooms across the region and beyond that showcase

*(Continued on Page 4)*

### Cast Iron Smoked Cheesy Mushroom Dip

#### INGREDIENTS

- Package of sliced mushrooms (6-8 oz.)
- 1 medium red onion, thinly sliced
- 6 tri-colored sweet peppers, diced
- Steak rub, to taste
- 2 cup shredded Swiss
- 1 cup shredded Gruyere
- Softened cream cheese (16 oz.)
- ½ tsp. beef base (and a little more)

#### DIRECTIONS

- 2 c. heavy whipping cream
  - 14 oz. can sweetened condensed milk
  - 1 tbsp. vanilla
1. Combine sliced mushrooms, red onion and colored peppers in a bowl. Toss all veggies in olive oil and season with steak rub. Roast uncovered at 425 degrees F for approximately 20 minutes or until done. Dice peppers after being roasted.
  2. Add shredded cheese, softened cream cheese, and roasted mixture into a large bowl. Add ½ tsp. beef base. Season with more steak rub. Mix well.
  3. Place mixture in a cast iron skillet or baking dish. Bake or hot smoke approximately 40 minutes until bubbly and toasty on top.
  4. Enjoy with crostini or crackers.



## Smart Snacking Made Easy

Each day we make hundreds of decisions about food. What to buy at the store, what to choose from the vending machine, what beverage to order at the restaurant and what to snack on mid-afternoon are just a few examples. Poor decisions can make snacking a bad habit. But with a little planning, smart snacking can provide key nutrients that may be missing in the diet. The dairy group packs a powerful nutrition package and can be paired with any food group to tide you over until the next meal.

### Is snacking healthy?

Yes. Snacking between meals can be an ideal way to ensure a healthy, balanced diet. Fueling your body every 3-4 hours helps control blood sugar and appetite, increases energy levels and can help you maintain focus throughout the day. Make sure to choose snacks wisely, not out of boredom. Eating without

distractions such as the TV or computer can help keep calories in check.

### What snacks should I choose?

Snacks that contain protein and fiber can help promote satiety, or a feeling of fullness. Dairy foods provide 8 grams of protein per serving and can be paired with whole grains, fruits and vegetables. Healthy snack ideas include string cheese with whole grain crackers, yogurt mixed with fresh fruit and granola, whole grain tortillas filled with turkey and cheese or whole grain cereal and milk.

### How do I control my snack portions?

Although snacking can be healthy, it's important to pay attention to portions and calories. Plan ahead by packing lunch and snacks to bring to work or enjoy in the car. Scan food labels closely for portion sizes and calories, as many packages contain multiple

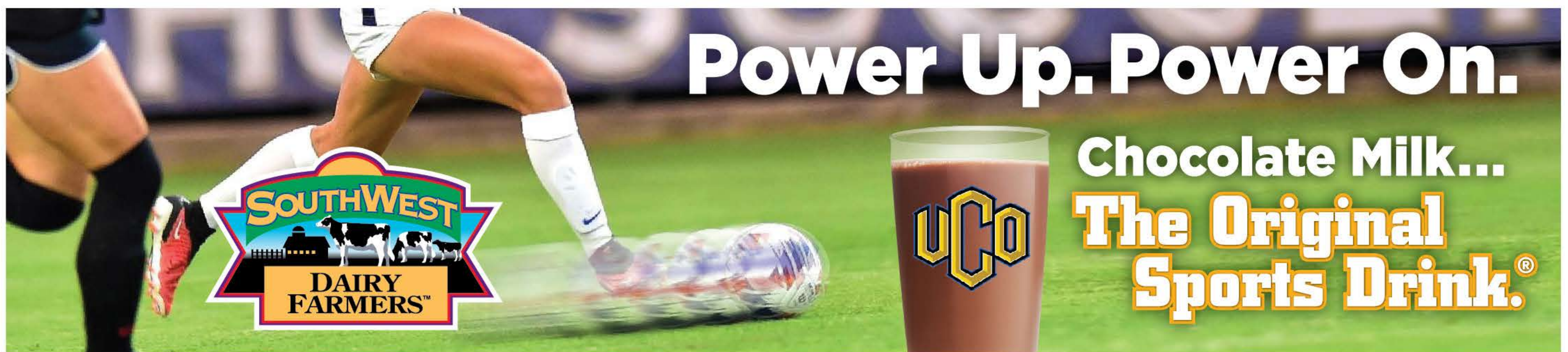
servings. Portion foods out and use single-serve bags to prevent over eating. Take advantage of food and nutrition apps to help track progress throughout the day. The dairy case offers many options for portion control. Single serving milks, string cheese and individual yogurt cups in a variety of flavors can help you reach the recommended three servings of dairy per day and keep your calories at bay. 🐄

Article provided by



The Nutrition Education People

# Southwest Dairy Farmers Partners with University of Central Oklahoma



UCO Tom Thompson Soccer Field Banner

## Spring 2024 Chocolate Milk Grants Awarded

High school athletic teams in our producer-funded areas continue to be given the opportunity to apply for a grant to provide funding for chocolate milk for their season. This year, the Spring 2024 recipients are:

- SM North — Shawnee Mission, KS
- Caverna High School — Horse Cave, KY
- Bardstown City Schools — Bardstown, KY
- Boyle County High School — Danville, KY
- Mountain Grove High School — Mountain Grove, MO
- Millenium Charter Academy — Mount Airy, NC
- West Charlotte High School — Charlotte, NC
- West Wilkes High School — Millers Creek, NC
- South Stanly High School — Norwood, NC
- Asheville High School — Asheville, NC
- Western Guilford High School — Greensboro, NC
- Mustang High School — Mustang, OK
- Plainview High School — Ardmore, OK
- Manvel High School — Manvel, TX
- Lyndon B. Johnson High School — Laredo, TX
- Electra High School — Electra, TX
- Kenedy High School — Kenedy, TX
- Osborn High School — Manassas, VA
- Dan River High School — Ringgold, VA
- Kellam High School — Virginia Beach, VA

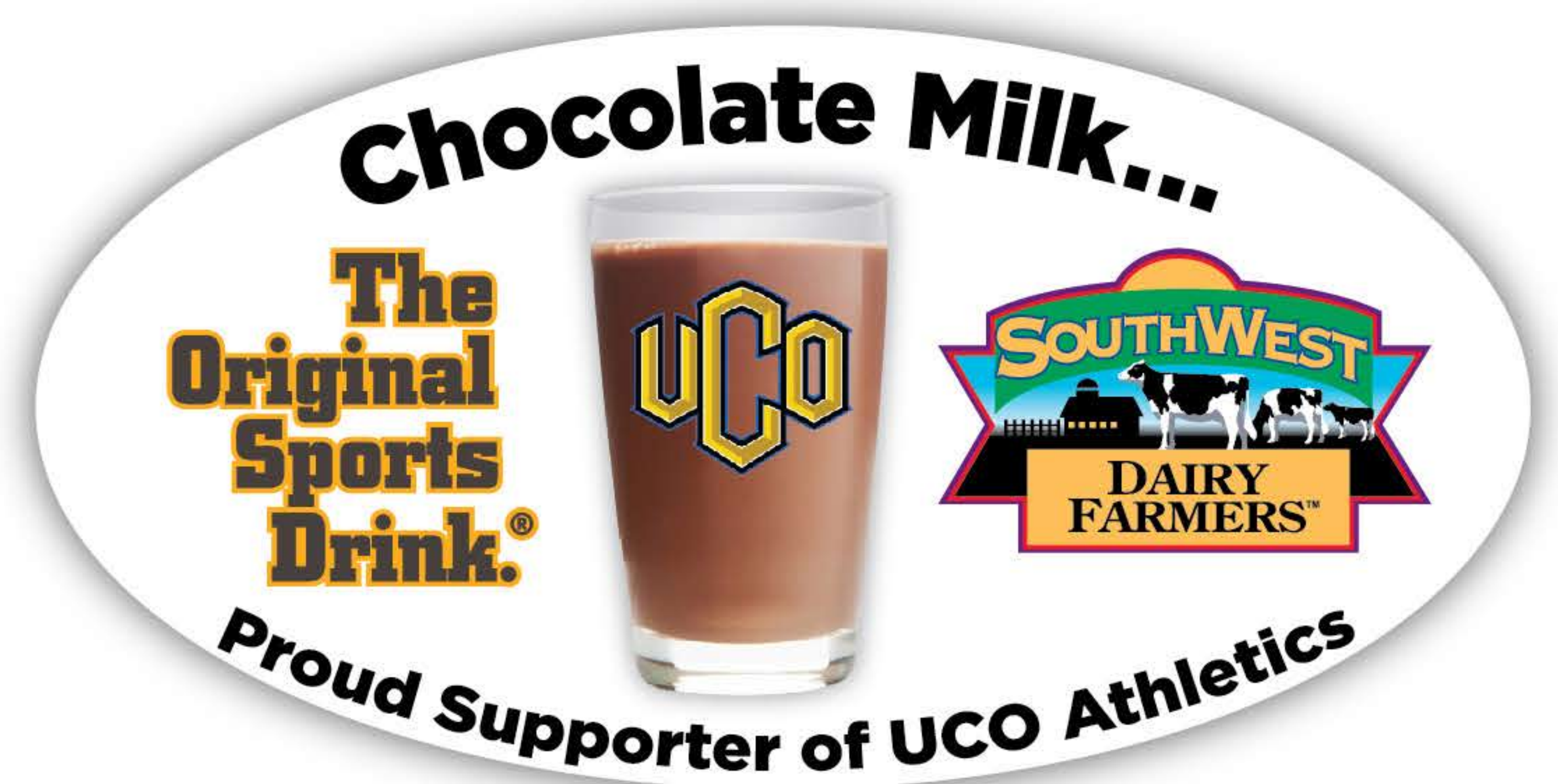
**Your high school athletic team could be next!** The fall sports application deadline is April 16, 2024. For more information and to apply online, visit us at:

[www.southwestdairyfarmers.com](http://www.southwestdairyfarmers.com) or  
[www.southlanddairyfarmers.com](http://www.southlanddairyfarmers.com). 🐄

Southwest and Southland Dairy Farmers have worked with numerous colleges and universities over the years to promote dairy to fans and athletes alike. We are pleased to have the opportunity to work with the University of Central Oklahoma (UCO) in Edmond, Oklahoma, beginning in the Spring of 2024.

UCO approached Southwest Dairy Farmers with the desire to provide chocolate milk for all their athletic teams as their workout recovery beverage. With the agreed sponsorship with UCO, they will be supplying chocolate milk in all of their locker rooms, producing commercials that will air on their sports network and supplying signage within all of their sports programs. The University of Central Oklahoma is an urban university and attracts people from all over the area to attend sports events in their first-class facilities.

Our partnerships allow our organization to personally relay our message, not only at popular game venues, but provide year-round opportunities to educate and promote nutritious dairy with our sponsorship of university athletic programming. 🐄



Chad Richison Stadium Backlit Oval Sign

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## Dairy Curricula (Continued from Page 2)

the way modern dairy producers care for their animals and produce safe and nutritious dairy products. The curricula divides the lesson plans into grade levels for schools and includes lessons for adults in order to be age appropriate.

This completed curricula is published and available on the Oklahoma State University website under the Ferguson Family Dairy Center page at <https://agresearch.okstate.edu/facilities/ferguson-family-dairy-center/> or use the QR code on Page 1 to go directly to the website.

At Southwest and Southland Dairy Farmers we continue to show our long-standing commitment to dairy farming and dairy nutrition education. Through our Mobile Dairy Classroom program and our association with schools, we will be encouraging the use of this new curricula developed by a leading land grant university and look forward to getting feedback from teachers and students. 🐄

## E V E N T S

### April 11 – 21, 2024

Montgomery County Fair,  
Conroe, TX

### April 13, 2024

Run for Remembrance/Virginia Tech,  
Blacksburg, VA

### May 15 – 17, 2024

Special Olympics Oklahoma Summer  
Game, Stillwater, OK

### May 16 – 19, 2024

Special Olympics Texas Summer Games,  
San Antonio, TX

### May 17 – 19, 2024

Got To Be NC Festival,  
Raleigh, NC

### May 31 – June 1, 2024

M00-La Fest,  
Stephenville, TX

### May 31 – June 2, 2024

Special Olympics Kansas Summer  
Games, Wichita, KS

Special Olympics Kentucky Summer  
Games, Richmond, KY

Special Olympics Missouri Summer  
Games, Columbia, MO

Special Olympics North Carolina  
Summer Games, Raleigh, NC

### June 1, 2024

Hospital Hill Run, Kansas City, MO

### June 7 – 8, 2024

Special Olympics Virginia Summer  
Games, Richmond, VA

### June 7 – 15, 2024

Hopkins County Dairy Festival, Sulphur  
Springs, TX

### June 12 – 20, 2024

Fauquier County Fair, Warrenton, VA