



Milk Products

Not only is milk a great source of calcium but so are cheese and yogurt!



Breakfast- Oatmeal Parfait

Top hot oatmeal with yogurt and chopped fruit, such as bananas and apples, to make a yogurt parfait.

Lunch

Serve half a toasted bagel with sliced cheddar or marble cheese and a slice of ham to get 1-2 servings of milk products, 1 meat serving and 1 serving of grains.

Snacks

Serve 1 carton of milk (250ml) with all your snacks and meals to get 1 serving of milk products.

I try and eat 3-4 servings of milk and milk products each day to keep my bones strong!



The following are available through The Food Sharing Project:

- ✓ 1% Milk
- ✓ 2% Milk
- ✓ Cheese slices
- ✓ Cheddar cheese
- ✓ Yogurt cups

For more information visit www.foodsharingproject.org