



Dairy Dollars

St. Louis District Dairy Council (SLDDC) is offering funds to local preschool and kindergarten teachers to help promote dairy products with students in the classroom. Funds can be used for activities such as taste testing or simple cooking demonstrations. Support is available at the rate of \$25 per classroom and is made possible by local dairy farmers. Funds will be given in the form of a gift card.

Procedure/Conditions:

- **Complete application** below and submit to SLDDC via fax at (314) 835-9969 or mail (address at bottom) by **November 13, 2015**. This is a first-come, first-served program. Funds are limited.
- Purchase dairy products (not organic or plant-based alternatives) for the classroom and save your receipts.
- Submit at least **3 photos** of your classroom activity and **receipts** indicating dairy items purchased. Mail the information or scan and send via e-mail to info@stldairycouncil.org by **December 18, 2015**.
- Complete a brief **electronic survey** (to be sent to you in early December 2015.)

Name:			
School/Agency:			# of classrooms:
School Address:			
City:	State:	Zip:	Phone:
Email Address:			

As a recipient of funds, I agree to abide by the above-stated procedure/conditions.

Signature: _____ Date: _____

How to Use Funds – Ideas and Tips

- Conduct “**Taste-Test Tuesdays**” to introduce students to new dairy foods. Sample new flavors of milk, cheese, and yogurt.
- Mix fat free yogurt with a dollop of honey for a sweet **fruit dip**.
- **Serve up smoothies**. Combine fruit, yogurt, milk or juice, and ice. Have kids name their smoothie!
- Make a **parfait pleaser** by layering yogurt, fresh fruit, and cereal/granola.
- Dip a few graham crackers into a glass of cold milk for a “**graham dunk!**”
- Make **strawberry-sicles**: Mix low-fat strawberry milk with fresh strawberry slices and freeze in a popsicle container.
- Mix ½ cup shredded cheddar cheese with popcorn and pretzels for a **cheddar crunch snack**.
- Prepare **cheese ka-bobs** by alternating apple slices and cheddar cheese on skewers.