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Hot off the press!

June is National Dairy Month

Did you know that dairy products are impressively rich in important nutrients from calcium to potassium, helping to build strong bodies. They also help maintain better health as you age (manage your weight! reduce risk for high blood pressure! avoid osteoporosis, etc.).

According to the International Dairy Foods Association, "National Dairy Month started out as National Milk Month in 1937 as a way to promote drinking milk¹." Today we celebrate all dairy foods in the month of June from the new rising star, yogurt, to the Summer-time favorite, ice cream!

Cheese is always a good staple to have in your 'fridge as it can be used as a snack or as an ingredient in any number of delicious, delightful meals. Try out a new variety or a fabulous new flavor!

"In fact, nearly 300 new flavored cheese products were added to the market last year, flaunting flavors such as jalapeño, smoked, herb, pimento, taco, berry, alcohol, bacon, citrus and coffee²," according to Dr. John Lucey, the Director of the Center for Dairy Research in Madison, WI.

Page & Pedersen offers \$100 to sponsor any school or camp visits to dairies during the month of June. Let's let our kids see how committed our dairy farmers are to producing great milk and dairy products for them!

¹ <https://www.idfa.org/news-views/media-kits/cheese/june-is-national-dairy-month>

² <https://www.dairyfoods.com/articles/92664-flavored-cheeses-add-distinction-and-generate-interest?v=preview>

