

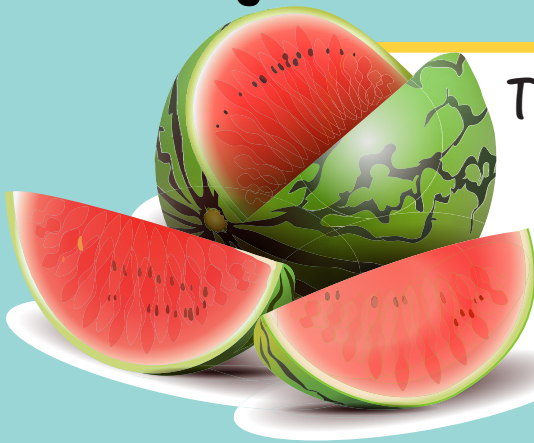
HELLO Summer



Celebrate National Dairy Month

Milk is sometimes called nature's nearly perfect food. The best sources of calcium are milk, yogurt, and cheese. About 72% of calcium in the U.S. food supply comes from dairy foods.

DID YOU KNOW?



The biggest watermelon ever grown weighed 350.5 pounds!

That's about the same weight as a giant panda!



Since summer is here, you'll probably be spending lots of time outdoors swimming, playing with friends, or going on an adventure. We've got some Summer-y snack ideas to give you energy and keep you cool!

SUMMER SNACK IDEAS



Watermelon Pizza - take a slice of watermelon and top it with fruit like blueberries, strawberries, or pineapple for a fruity twist!

Frozen grapes - put grapes in the freezer for an icy cold snack

Dip veggies into guacamole or salsa for a satisfying snack

Mix any nut butter into vanilla yogurt for a tasty fruit dip