



NY Thursday Harvest of the Month

Dairy

**Farm Fresh
Produced by a local farm**

Popular Foods

- Ice Cream
- Smoothies
- Feta Cheese Salads
- Pizza
- Cheesy Broccoli
- Mac & Cheese
- Cheddar Ham and Potato Soup

Nutrition Content

- Calcium for building healthy bones and teeth
- Vitamin D for bone maintenance
- Potassium for heart health
- Source of Protein

Fun Facts

- In NY, milk is the leading agricultural product and the official state beverage
- NY is the 4th top dairy producing state, about 15 billion pounds of milk per year
- NY is the leading producer of yogurt, sour cream, cottage cheese, and cream cheese
- NY has over 4,000 dairy farms with about 625,000 dairy cows
- Each dairy cow produces about 7 gallons of milk per day

