

Parent's Page

A Look at Our Book

Today your child enjoyed the book **Carlos and Clarice Mooove to Lowfat Milk!** by Kathy Reeves, Mary Stickney and Diane Bowden. In the book Carlos and his mom don't moo, they say, "Mooove to lowfat milk." The book emphasizes the importance of drinking 1% lowfat and fat-free milk for adults and children two years and older.

Ask your child what snack they prepared along with this story!

Make time to read together with your child. Remember these tips when reading with your child:

- Make it a special time together.
- Follow the story, but take time for your child's questions or remarks.
- Put variety and "life" into your reading voice—show you enjoy reading, too!
- Include older children and other family members—we are never too old to hear a good story.
- Show your child how to handle books carefully—use a bookmark to mark page, and turn pages gently.
- Most importantly—**HAVE FUN!**



Read All About It!

Here are some additional books you might enjoy sharing with your child!

- *Ice Cream Larry* by Daniel Pinkwater
- *Rodeo Ron and His Milkshake Cows* by Rowan Clifford
- *Curious George Goes to the Ice Cream Store* by H. A. Rey
- *Kitten's First Full Moon* by Kevin Henkes
- *The Milk Group* by Mari C. Schuh

Check for these titles at the public library!

K-STATE
Research and Extension

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income.



It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

Book in a Bag—Carlos and Clarice Mooove to Lowfat Milk!

Moo-licious Banana Pudding

Makes 8 cups



Ingredients:

- 1 small box banana cream or vanilla instant pudding
- 1 1/2 cups lowfat milk
- 1 container (8-ounces) whipped topping
- 1 box vanilla wafers
- 4 medium, ripe bananas

Directions:

1. Remember to wash hands.
2. Add pudding to cold, lowfat milk and whisk in a medium bowl or shake in a covered container until thickened, about two minutes.
3. Fold in whipped topping.
4. In individual cups, layer vanilla wafers (whole or crushed), sliced bananas, and pudding. Repeat layers.

Hints: Let children crush vanilla wafers in a zip-type bag with a rolling pin. Add a whole vanilla wafer on top.

Nutrition Facts: One serving provides 220 calories, 2.5mg total fat, 5mg cholesterol, 170mg sodium, 47g total carbohydrate, 3g protein, 6% calcium

Flavored Milks

Try serving banana flavored milk, orange, chocolate or strawberry milk if your child does not like plain lowfat milk. They all have the same amount of calcium as white milk, some added sugar and calories, but they are still healthier than soda and sweet drinks. Move to lowfat flavored milks.

Milk Matters

It is hard to get enough calcium without drinking milk. Your child needs plenty of calcium to make strong bones that will last for the rest of his life. Your child will develop about 90% of his bones by the time he is 17 years old.



What kind of milk is best?

- Breast milk is best for baby's first year or longer.
- Give whole milk at 12 months of age.
- Move to 1% lowfat milk and fat free skim for kids 2 years and over.
- Choose lowfat milk and get the same amount of calcium and vitamins as whole milk –just less fat and calories!