

DeSnayer Dairy Tour

May 10, 2024 from 10:00 A.M. to 1:30 P.M.

Learning Objectives:

- Gain a deeper understanding of the integral role milk, dairy and beef play in promoting a healthy and sustainable diet.
- Explore sustainable cattle farming practices, including climate-smart techniques to reduce environmental impact while producing nutrient-dense foods.
- Explore the farm-to-school connection and how dairy education enhances nutritional well-being within local communities.
- Engage with firsthand experiences and demonstrations showcasing the interconnectedness of food production, consumption, and sustainability.

Agenda

10:00 AM

Welcome and Overview of the Day

- Amy DeLisio, CEO, Dairy Council of California
- Kori Dover, RD, Director, Food and Nutrition Outreach, California Beef Council

10:30 AM

DeSnayer Dairy Tour

- Paula DeSnayer
- Erin Natcher

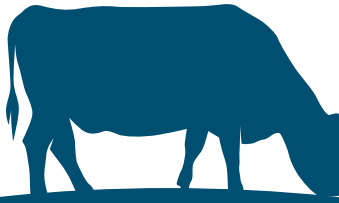
12:00 PM

Lunch

- Lunch provided by Lodi Unified School District, Nutrition Services
- Open dialogue with Dietitians
- Dr. Betty Crocker, DrPH, MPH, RDN, SNS - Lodi Unified School District
- Megan Holdaway, RDN - Dairy Council of California
- Kori Dover, RD - California Beef Council
- Please complete post-tour survey

1:30 PM

Adjourn



1. Dairy foods, like milk, provide a unique package of nutrients like calcium, vitamin D and protein.
2. For children and adolescents, milk and dairy foods are vital to optimal development. Milk and dairy foods fuel learning, help develop strong bones and teeth and build and repair muscle.¹
3. Adults and children nine years and older should have three servings of dairy per day. Children ages 2–8 should have two to two and a half servings of dairy each day.
4. One serving of milk or yogurt is close to the size of a fist and one serving of cheese is just about the size of your pointer finger.
5. About 73% of calcium available in the food supply is provided by milk and dairy products.²
6. It only takes two days for milk to get from the farm to your local grocery store.
7. A Holstein’s spots are like fingerprints—no two cows have the same pattern of black and white spots.³
8. The average cow produces 7.4 gallons of milk per day, that’s over 100 glasses of milk!⁴
9. Milk is the top agricultural product in California.⁵
10. 97% of dairy farms in the U.S. are family-owned and operated.⁶

1. O’Neil CE, Nicklas TA, Fulgoni VL. Food sources of energy and nutrients of public health concern and nutrients to limit with a focus on milk and other dairy foods in children 2 to 18 years of age: national health and nutrition examination survey, 2011-2014. *Nutrients*. 2018;10(8):1050. DOI:10.3390/nu10081050

2. Importance of Milk in Diet. International Dairy Foods Association website. Accessed May 6, 2024. <https://www.idfa.org/importance-of-milk-in-diet>

3. 10 Surprising Cow Facts That’ll Blow Your Spots Off! The Dairy Alliance website. Accessed May 6, 2024. <https://thedairyalliance.com/blog/10-surprising-cow-facts-thatll-blow-your-spots-off>

4. King, Sue. Data Say...Dairy Has Changed. U.S. Department of Agriculture website. Published June 18, 2020. Accessed May 6, 2024. <https://www.usda.gov/media/blog/2020/06/18/data-saydairy-has-changed>.

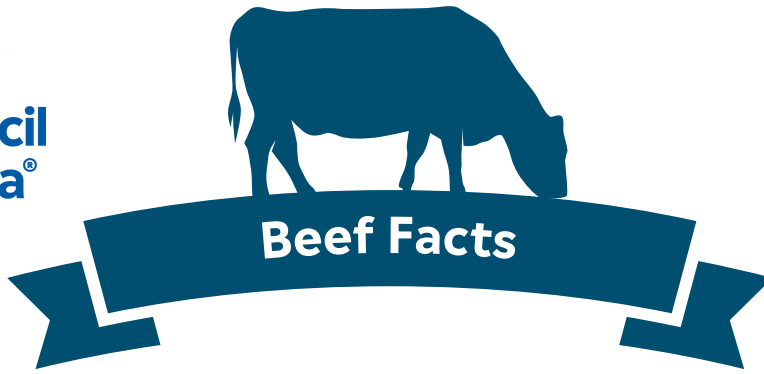
5. California Agricultural Production Statistics. California Department of Food and Agriculture website. Accessed May 6, 2024. <https://www.cdffa.ca.gov/Statistics/>

6. Family Farms Drive Dairy. National Milk Producers Federation website. Published July 19, 2022. Accessed May 6, 2024. <https://www.nmpf.org/family-farms-drive-dairy/>

Social Media:

@HealthyEatingCA on Facebook and Instagram

Dairy Council of California on LinkedIn



- A 3-ounce serving of lean beef provides 10 essential nutrients in about 170 calories, including high-quality protein, zinc, iron and B vitamins. No other protein source offers the same nutrient mix.⁹
- A 3-ounce serving of beef delivers 25 grams of high-quality protein, which is essential for building and maintaining strength, for both your mind and body.^{9,10}
- Protein, iron, zinc and B-vitamins in beef help ensure young children start life strong, building healthy bodies and brains.^{1,6}
- Iron deficiency is a public health concern among adolescent girls and women, who consistently don't get enough iron each day. Unlike plant foods, beef is a delicious source of high-quality heme iron that is more readily absorbed to help your body use oxygen and supports improved energy to last throughout the day.^{7,8}
- Dairy cattle have helped contribute to a larger amount of choice and prime cuts for consumers.¹¹
- Dairy cattle have contributed between 18%-24% to the total US beef supply since 2002.¹¹
- If the newborn calf is a male, which can't produce milk, it will likely be sold into the beef supply chain.¹¹
- When dairy cows complete their life as milk-producing animals, they're sold as beef animals; approximately 3 million of them are sold every year for this purpose. This typically happens when a dairy cow is 4 to 5 years of age.¹¹

1. Beard J. Iron Deficiency Alters Brain Development and Functioning. J Nutr 2003;133(5):1468S-72S.

2. Heys M, et al. Is childhood meat eating associated with better later adulthood cognition in a developing population? European Journal of Epidemiology 2010;25(7):507-516.

3. Morris MC. Nutritional determinants of cognitive aging and dementia. Proc Nutr Soc 2012;71:1-13.

4. Jakobsen LH, et al. Effect of a high protein meat diet on muscle and cognitive functions: A randomised controlled dietary intervention trial in healthy men. Clin Nutr 2011;30:303e311.

5. Morgan J, et al. Meat consumption is positively associated with psychomotor outcome in children up to 24 months of age. J Pediatr Gastroenterol Nutr 2004;39(5):493-8.

6. Sandstead HH, et al. Effects of repletion with zinc and other micronutrients on neuropsychological performance and growth of Chinese children. Am J Clin Nutr 1998;68(2 Suppl):470S-55S.

7. Scientific Report of the 2015 Dietary Guidelines Advisory Committee. Washington (DC): Department of Health and Human Services and U.S. Department of Agriculture. February 2015.

8. U.S. Department of Health and Human Services and U.S. Department of Agriculture. 2015-2020 Dietary Guidelines for Americans. 8th Edition. December 2015.

9. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Legacy. Version Current: April 2018.

10. Layman D, et al. Dietary protein and exercise have additive effects on body composition during weight loss in adult women. J Nutr 2005;135(8):1903-10.

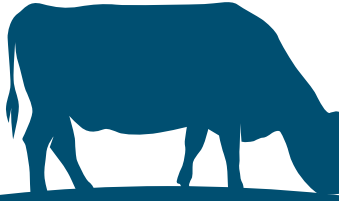
11. Beef x Dairy - Dairy's Impact on the Beef Supply." Beef Checkoff, November 1, 2022. <https://www.beefboard.org/2022/11/01/beef-x-dairy-dairys-impact-on-the-beef-supply/>.

Social Media:

@CaliforniaBeefCouncil on Facebook, Instagram and X (Twitter)

California Beef Council on LinkedIn

Website: Calbeef.org



Beyond the Tray: Five Benefits of School Meal Programs

School meal programs, including the National School Lunch Program (NSLP) and the School Breakfast Program (SBP), play an essential role in fueling students' bodies and minds for learning. Here's how:

1. **Boosts Nutrient Intake:** studies have shown that students who participate in school meal programs consume more nutrient-dense foods like lean meats, low fat dairy, fruits, vegetables and whole grains, improving overall diet quality.^{1,2}
2. **Promotes Healthy Growth:** school meals offer nutrient-dense protein sources, like dairy and beef, which can support healthy growth and development by providing essential nutrients like calcium and iron.³
3. **Supports Academic Performance:** studies link the consumption of school breakfast with better concentration and memory, higher scores on standardized tests, and greater achievement in reading and math.⁴
4. **Advances Nutrition Security and Equity:** all students in California have access to free nutritious school meals regardless of race, ethnicity or household income promoting nutrition security and equity in education.
5. **Empowers Brighter Futures:** California's Universal School Meals program reduces barriers to food access and ensures that every child has access to the nourishment they need to thrive academically and beyond.⁵

1. Au LE, Gurzo K, Gosliner W, Webb KL, Crawford PB, Ritchie LD. Eating school meals daily is associated with healthier dietary intakes: The healthy communities study. *J Acad Nutr Diet.* 2018;118(8):1475-1481. DOI:10.1016/j.jand.2018.01.010
2. Ramsay SA, Bloch TD, Marriage B, Shriver LH, Spees CK, Taylor CA. Skipping breakfast is associated with lower diet quality in young US children. *Eur J Clin Nutr.* 2018; 72:548-556. DOI:10.1038/s41430-018-0084-3
3. O'Neil CE, Nicklas TA, Fulgoni VL. Food sources of energy and nutrients of public health concern and nutrients to limit with a focus on milk and other dairy foods in children 2 to 18 years of age: national health and nutrition examination survey, 2011-2014. *Nutrients.* 2018;10(8):1050. DOI:10.3390/nu10081050
4. Adolphus K, Lawton C, Dye L. The effects of breakfast on behavior and academic performance in children and adolescents. *Front Hum Neurosci.* 2016;7(3):590-612. doi:10.3389/fnhum.2013.00425
5. Cohen JFW, Hecht AA, McLoughlin GM, Turner L, Schwartz MB. Universal school meals and associations with student participation, attendance, academic performance, diet quality, food security, and body mass index: A systematic review. *Nutrients.* 2021;13(3):911. DOI:10.3390/nu13030911

