Title: Where’s Your Milk Mustache?

Target Audience: Adults and Caregivers of children over age 1

Objectives: The client will:

1. Choose at least one way to add more milk and milk products into their daily diet
2. Identify the correct amount of milk their child should be drinking daily

Teaching Materials Needed, Including Handouts:

1. Components for interactive nutrition display
2. Mustache milk recipe for pictures to be taken
3. Recipes and samples of selected dairy items
4. Camera to take pictures and printer if you wish to print the pictures for clients

Advance Preparation Needed:

1. Set up interactive nutrition display in area easily accessible to clients.
2. Copy all handout materials for client use
3. Prepare sample food items for taste testing
4. Gather any additional items for the interactive components chosen for list below

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one strategy you will try in the next month to make sure your family uses more dairy foods?”
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Concepts and Key Points:

This lesson is used to encourage families to consider using more milk and dairy products in their diet.

1. Milk provides calcium, Vitamin D, and protein that promote growth and good health.
2. Low-fat dairy products can add variety to meals and snacks
3. Use milk in soups, desserts, puddings, cooking as well as a beverage.
4. Lactose intolerant individuals can sometimes use other forms of dairy foods at meals.
Interactive Component: Choose one or more of the following interactive items:

1. Have a “Where’s Your Milk Mustache” contest. Use either of the two mustache recipes given below to take great photos. Paint or hold a cup of the mixture against the lips to get the mustache. Paint on mustache with artist brush. Take photos of clients and their children. Let the client take these photos home or place them on display. Have some similar pictures of WIC staff, local dignitaries, and sports figures on display as well.
   
   Mustache recipe #1: Take a couple of tablespoons of vanilla yogurt and add milk to make a thick paint. Make it thick enough to paint on and without looking like pudding.
   
   Mustache recipe #2: Use vanilla ice cream and whole milk. Put ice cream in the refrigerator and let it melt down. Combine 2 cups of the melted ice cream and 1 cup milk in a blender and blend.

2. Have a display of different types of milk—whole, reduced fat, nonfat, nonfat dry milk, evaporated milk. Provide several squares of yellow paper representing 1 pat of butter or fat. Clients try to put the right amount of fat in 1 serving of the milk in front of the display. Have the correct amount of fat on a piece of paper next to each milk so that they can check their answers. Remind parents that those children under two need whole milk for best growth.

3. Provide several recipes and ideas for using more milk in cooking rather than as a beverage. Have small samples of one or more of the recipes for clients to taste. Discuss options for adding more dairy into their family meals.

4. Offer a list of quick snacks for children containing milk or milk products. Provide recipes and samples of some of the snacks. Discuss with parents how much milk children should have daily.

5. If there is a dairy farmer in your area, have them come and share some information about their farm, the cows, where milk comes from, etc. Allow time for clients and children to ask questions. Also, LA’s may wish to check with their Dairy Council regarding the virtual dairy farm visit as another option.

Behavior Change Goal:

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

Procedure for Clients to Ask Questions of Trained WIC Staff:

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.
**Evaluation:**

The evaluation will consist of completing the feedback attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

**Comments/Other:**

This interactive display along with the milk mustache contest can also be used as a health fair or nutrition month activity. Materials available from your local dairy council can also add to this educational lesson.

Recipes for this interactive center can be used from many resources including:  
http://www.nationaldairycouncil.org/Recipes/RecipeIndex/Pages/RecipeIndex.aspx, the C is for Cooking Recipes from the Street cookbook.

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Lesson Plan Approved By:

Date:
Where is YOUR Milk Mustache?

Don’t Like to Drink Milk???

Milk is a great food for:

- Protein
- Vitamin A and D
- Calcium

Try milk in:

- Soups
- Desserts
- Hot Chocolate
- Mashed Potatoes
- Meatloaf
- Puddings
- Shakes
- Macaroni and Cheese
- Sauces and Gravies
Dairy Recipes

Orange Cream Shake

2 cups orange juice
1 cup (8 ounce) low fat vanilla yogurt
1 cup low fat vanilla frozen yogurt or ice cream
8 ice cubes
Combine the orange juice, yogurt, and ice cream in an 8 cup pitcher. Mix with a spoon until ice cream melts. Put ice cubes in glasses and pour shake over the ice. Makes 4 servings.

Egg and Sausage Strata

1 teaspoon vegetable oil
8 ounces sausage
6 slices bread
1 ½ cup shredded cheese
6 eggs
2 cups milk
1 tablespoon spicy brown mustard
Lightly grease an 11 x 7 inch baking dish. Heat oil in skillet. Add sausage, stirring often, until the meat is browned and cooked through. Line the baking dish with overlapping slices of bread. Spoon the sausage on top of the bread. Sprinkle evenly with cheese. Mix the eggs, milk, and mustard together until smooth. Pour over the bread mixture. Cover and refrigerate for at least 4 hours or overnight. Bake at 350 degrees F., uncovered until the top is puffed and browned and a toothpick inserted in the center comes out clean, about 45 minutes. Remove from the oven and let stand for 15 minutes before serving. Makes 6 servings.

Fresh Fruit Pudding Milk Mixer

3 ½ cups milk
1 package (4 serving size) vanilla instant pudding
1 medium banana, cut into chunks
½ cup strawberries
Place all ingredients in blender container. Blend 1 minute or until smooth. Serve immediately. Makes 4 servings.
**Buncha Banana Pudding**

2 (3 ounce) packages vanilla instant pudding mix  
4 cups low-fat milk  
20 vanilla wafer cookies  
3 bananas, sliced  

Prepare pudding with milk as directed on package. Spoon one cup of pudding into serving bowl and top with 10 cookies and half of the banana slices. Continue layering with 2 cups of pudding, remaining cookies and bananas. Top with remaining pudding. Cover and refrigerate for 3 hours or overnight.  

Makes 6 servings.

**Mom’s Mac and Cheese**

1 lb. large elbow macaroni  
1/2 cup butter, cut into 6 to 8 pieces  
3 tbsp. all-purpose flour  
1 1/2 cups milk  
8 oz. sour cream  
1 cup bacon bits, or more to taste (optional)  
1 tsp. garlic salt  
2 lb. shredded mozzarella cheese, divided  
1 lb. shredded Cheddar cheese, divided  
Salt and pepper  

Serves 10 to 12  

Preheat an oven to 350°F. In a large saucepan cook the macaroni according to package directions. Drain, return to the pot, and add the butter, stirring until it melts. Add the flour and stir to thoroughly combine, then stir in the milk and sour cream. Stir in the bacon bits, garlic salt, and about 3/4 of both of the cheeses. Add salt, pepper, and more bacon bits to taste. Transfer the mixture to a 4 1/2- to 5-qt. baking dish and bake until lightly browned and bubbly, about 30 to 40 minutes. Increase the oven to 400°F, sprinkle the remaining 1/4 of the cheeses on top, and continue to bake until golden brown, 12 to 15 minutes.

**Cream of Broccoli Soup**

1 1/2 cups water  
3 cups finely chopped fresh broccoli  
2 teaspoons vegetable oil  
1 cup chopped onion  
1 tablespoon chopped garlic  
1 tablespoon flour  
3 cups milk  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/8 teaspoon cayenne pepper  
1/4 cup Parmesan cheese  

Combine the water and broccoli and boil over medium heat for 10 minutes. Remove from the heat and set aside. In a large skillet, heat the oil and sauté the onion and garlic until translucent, about 5 minutes. Add the flour to the skillet, stirring constantly to mix. Add the liquid from the broccoli and cook until thickened, about 10 minutes. Add the milk, broccoli and spices and stir well. Cook until hot but do not allow the milk to boil. Top each serving with Parmesan cheese. Makes 6-1 cup servings.
Evaluation/Feedback Form

1. What is at least one way to add more milk or dairy into your family’s daily diet?

2. How much milk should your child drink each day?
Evaluacion/Formulario de comentarios

1. Cual es al menos una manera de agregar mas leche o productos lacteos en la dieta de su familia?

2. Cuanta leche debe tomar su hijo/a al dia?