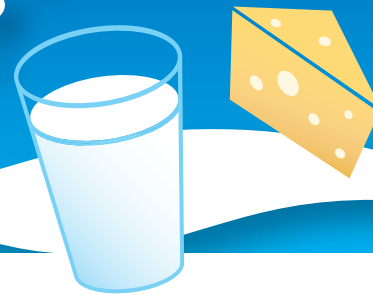


# What's new ... in **dairy** and eggs?



## Welcome

This is the premiere issue of "What's New with Dairy and Eggs", a free, semi-annual newsletter designed to keep you informed about all aspects of the dairy and egg industries. If you, or a colleague, would like to receive future issues of this newsletter, contact Sheila at [sroy@albertamilk.com](mailto:sroy@albertamilk.com).

## Dairy Products

Here is some information on the new selection of milks available at the grocery store:

- **Calcium Extra** milk has 40% more calcium than regular milk and is designed for people who may not be able to drink enough milk to meet their calcium requirements.
- **Protein Extra** milk has 35% more protein than regular milk and is designed for people who do not consume enough protein in their diet.
- **Skim Plus** milk has 30% more protein and 20% more calcium and is designed for people requiring extra protein or calcium in their diet.
- **Acidophilus Bifidus** milk contains substances called probiotics that promote the growth of healthy bacteria in the intestine and is designed for anyone who may want to improve their immune system and maintain a healthy intestine.
- **Microfiltered/Purified** milk goes through an extra filtration process which keeps it fresher longer.
- **Omega-3** milk contains heart healthy omega-3 fatty acids and is designed for health conscious individuals.

## Dairy Industry

In 2004, Canada had 17,000 dairy farms with an average herd size of 61 cows. There are two main markets for milk in Canada. The fluid milk market that includes table milk and fresh cream and the processing market, where the milk is used to make butter, cheese, yogurt and ice cream.

Alberta is the third largest dairy producing province and has 748 dairy farmers with an average herd size of 103 cows. In 2003, these cows produced 618 million litres of milk. The milk was transported to the 19 registered processing plants (dairies) in Alberta that receive and process raw milk.

## Featured Dairy Recipe

### Sea Shells and Cheese

A great recipe to teach the basic cream sauce technique that is tasty too!

#### Ingredients

<b>2 cups</b>	small shell macaroni	500 mL
<b>¼ cup</b>	butter	50 mL
<b>¼ cup</b>	flour	50 mL
<b>1 tsp</b>	chicken bouillon mix	5 mL
<b>¾ tsp</b>	salt	3 mL
<b>2 ½ cups</b>	milk	625 mL
<b>3 cups</b>	Canadian cheddar cheese, shredded	750 mL

#### Method

1. Cook shell macaroni according to package directions; drain.
2. Melt butter in a medium saucepan. Blend in flour, bouillon mix and salt. Gradually stir in milk.
3. Cook over medium heat, stirring constantly, until mixture just comes to a boil and thickens.
4. Remove from heat. Add 2 ½ cups (625 mL) of cheese and stir until melted.
5. Add macaroni and reheat to serving temperature. Sprinkle remaining cheese over individual servings. Serves 5 – 6.

*Recipe Courtesy of Dairy Farmers of Canada*

## Resources

**moo2you.ca** – This new student-centred, web-based agriculture resource explains how milk gets from the dairy farm to you. It is an excellent way to visit a dairy farm without leaving your classroom.

Class sets of the following resources are available:

- **Just Add Milk** - Quick and easy milk recipes that will appeal to your whole class.
- **Anytime is Dairy Time: Volume I** – Warm weather dining recipes to keep you cool in the summer.
- **Anytime is Dairy Time: Volume II** – Cool weather dining recipes to keep you warm in the winter.
- **Build a Better Body from Inside Out** – A cool guide to the benefits of milk products.

Contact Debbie at [daugustyn@albertamilk.com](mailto:daugustyn@albertamilk.com) to order.

# What's new... in dairy and eggs ?

## Welcome

This premiere issue of a joint Dairy and Eggs newsletter is written specifically for Alberta's junior and senior high school teachers who teach Foods. It's a free, semi-annual newsletter designed to keep you up-to-date on key information about dairy and eggs – our products, our industries and teacher/student resources. To have your name added to the mailing list of future issues, contact Sheila at [sroy@albertamilk.com](mailto:sroy@albertamilk.com).

## Egg Products

Here's the lowdown on some of the more common egg types in grocery stores today:

- **Conventional (regular)** eggs are produced by hens fed a nutritious diet (without, by law, any antibiotics or hormones) and raised in a cage form of housing for various reasons, including food safety and egg quality. Most eggs produced in Alberta and Canada are conventional eggs.
- **Omega-3** eggs are produced by hens whose diet has been supplemented by flaxseed, resulting in eggs having more omega-3 fatty acids (a type of fat shown to be "heart healthy") than conventional eggs. This gives these eggs a slight "nutritional edge."
- **Organic** eggs are produced by hens fed certified organic grains. A "certified organic" mark and the name/number of the certifying body on the carton ensures you get what you are paying for! They are the same in nutritional value as conventional eggs.
- **Free Run** eggs are from hens which can roam within a barn; free range hens roam within a barn and have access to the outdoors. Egg safety and egg quality are more challenging to manage by producers of these eggs.

For more on these and other types of eggs, contact us for a copy(ies) of the booklet, **Eggs... So Many Choices**.

## Egg Industry

To help lessen the growing disconnect between food and the source of one's food – largely due to the urbanization of our population, why not take – or have your students take – a virtual tour following an egg – from hen to home. Visit [www.eggs.ab.ca](http://www.eggs.ab.ca) and click on "About The Egg Industry." Through sights and sounds (yes, you can even hear what a barn full of hens sounds like!), it's the next best thing to being there.

## Featured Egg Recipe

### Pizza Omelette

A teen-appealing way to learn how to make an omelette!

#### Ingredients

<b>2</b>	eggs	2
<b>2 tbsp</b>	milk or water	30 mL
<b>3 tbsp</b>	pizza sauce	45 mL
<b>5 slices</b>	pepperoni	5
<b>¼ cup</b>	mozzarella cheese, shredded	50 mL
<b>1 tbsp</b>	parmesan cheese, grated	15 mL
	salt and pepper to taste	

#### Method

1. Beat eggs with milk or water in a bowl; season with salt and pepper.
2. Spray an 8-inch (20 cm) non-stick skillet with cooking spray. Heat skillet over medium-high heat. Pour in egg mixture.
3. As mixture sets at the edges, with spatula, gently push cooked portions towards centre. Tilt and rotate skillet to allow uncooked egg to flow into empty spaces.
4. When eggs are almost set on surface but still look moist, spread pizza sauce over half the omelette. Top with pepperoni and mozzarella cheese. Slip spatula under the unfilled side, fold the omelette in half and slide onto a warm plate. Sprinkle with parmesan cheese. Serves 1.

## Resources

In the **2004/05 EGGcellent Resources for Alberta Teachers** resource list/order form, there are two new resources which may be of particular interest:

- The **Extraordinary Egg** (revised... and now also accompanied by a Teachers' Guide with lesson plan ideas, etc).
- **Eggs, Nature's Treasure** (the "all you wanted to know about eggs/egg cookery booklet").

For single or multiple copies of any of the above mentioned pieces, contact Alberta Egg Producers – you can even order them on-line!

ALBERTA EGG PRODUCERS  
15, 1915 - 32 Avenue NE, Calgary AB T2E 7C8  
Phone: 403-250-1197 Toll Free: 1-877-302-2344  
Fax: 403-291-9216  
Email: [brenda.white@eggs.ab.ca](mailto:brenda.white@eggs.ab.ca)  
[www.eggs.ab.ca](http://www.eggs.ab.ca)

Eggs. So good. Anytime.™

