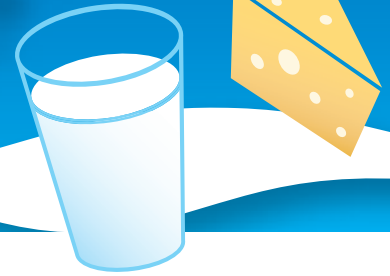


# What's new ... in **dairy** and eggs?



Issue #5

## Welcome

This is our fifth edition of the *What's new... in dairy and eggs?* newsletter and we wanted to check in with you to find out how we can improve this resource for you and your students. Please take the time to complete the attached questionnaire. Those completing the questionnaire and returning it by February 14, 2007 will receive a dairy and egg gift basket. Please fax or mail all responses to Alberta Milk, 1303 - 91 Street SW, Edmonton, AB T6X 1H1 Fax: 780-455-2196, attention Melinda.

## Top Ten Ways Alberta Milk Can Help You

- 1. Curriculum linked nutrition resources** – Go online to [www.albertamilk.com](http://www.albertamilk.com) nutrition and education section to find resources to enhance your teaching and help you meet your learning outcomes.
- 2. Sailing the 7C's and Fuel Up! ready made presentations** – Looking for a way to teach nutritious meal planning for a fast paced society or find food facts that will help youth play and perform better? These two easy to use Powerpoint presentations are ready to download from the Alberta Milk website.
- 3. Recipes** – Check out our website at [www.albertamilk.com](http://www.albertamilk.com) or try another great website from Dairy Farmers of Canada at [www.dairygoodness.ca](http://www.dairygoodness.ca) for new and tasty dairy based recipes.
- 4. Websites** – Need information online? These helpful sites provide reliable agriculture, dairy and nutrition information: [www.albertamilk.com](http://www.albertamilk.com); [www.moo2you.ca](http://www.moo2you.ca); and [www.dairygoodness.ca](http://www.dairygoodness.ca).
- 5. Calcium Calculator** – Provides information on the calcium content of various foods and is designed to help teens and adults calculate their daily calcium intake.
- 6. Posters** – The Four Food Group and Common Serving Sizes posters educate about serving sizes and food group classification based on Canada's Food Guide.
- 7. Nutrition Educators at your finger tips** – Do you have a dairy related question? E-mail [nutrition@albertamilk.com](mailto:nutrition@albertamilk.com) or call 1-877-361-1231 and ask one of our registered dietitians for the answer. Available weekdays from 8:00 a.m. – 4:30 p.m.

## Featured Dairy Recipe

### Raisin Scones

Ingredients		
1 Tbsp	vinegar	15 mL
1 cup	milk	250 mL
2 cups	all-purpose flour	500 mL
3 Tbsp	sugar	45 mL
1 tsp	salt	5 mL
½ tsp	baking soda	2 mL
1/3 cup	shortening	75 mL
½ cup	seedless raisins	125 mL
1	egg yolk, beaten	1
	sugar	

### Method

1. Preheat oven to 450 F (230 C).
2. Stir vinegar into milk; set aside.
3. Combine flour, sugar, salt and baking soda in a mixing bowl; stir well to blend.
4. Cut in shortening until mixture resembles coarse crumbs. Stir in raisins.
5. Add milk mixture to dry ingredients all at once and stir with a fork until all ingredients are moistened.
6. Turn out on a lightly floured board and knead gently about 20 times.
7. Place dough on an ungreased cookie sheet. Pat or roll out to ½ inch (1 cm) thick circle. Cut into 8 wedges but do not separate. Brush with egg yolk and sprinkle sugar on top.
8. Bake for 12 to 15 minutes or until done.

### 8. Extreme School Makeover: Nutrition Edition School Awards

– Has your school made changes to ensure that nutrition is an important part of your school culture? Visit [www.albertamilk.com/healthyschoolawards](http://www.albertamilk.com/healthyschoolawards) to apply for your chance at a \$500 award for your school.

**9. Scratch for Moo 'n' More** – For a healthier environment at your school register for Alberta Milk's junior and senior high school milk program and receive posters, *Scratch for Moo 'n' More* cards and prizes free of charge. Participating schools must have milk available every day for lunch.

**10. What's new... in dairy and eggs?** – Designed to give foods teachers tips and information about the dairy and egg industries, products and resources. Back issues are available by e-mail at [mfpoetz@albertamilk.com](mailto:mfpoetz@albertamilk.com).

## Top Ten Ways Alberta Egg Producers Can Help You

1. We have food and nutrition **resources** in print and CD format for teachers and students. Many of the teacher-targeted resources also come with teaching ideas for the classroom. As well, the resources are free of charge with just a small (\$6.00) postage/handling fee.
2. We have free **posters**. Whether you want to teach about the parts of and nutritional value of eggs, or you just want an aesthetically pleasing poster of eggs to brighten up your Foods classroom, we have what you need.
3. With over 300 recipes to choose from, you and your students will find the perfect egg recipe on our website at [www.eggs.ab.ca](http://www.eggs.ab.ca).
4. We have **supplies/equipment** to help stock your Foods classroom with what it needs. So, whether you need aprons or oven mitts, cookbooks or whisks, we have them all – at whatever quantities you need - at a reasonable price.
5. We are **available 24/7/365 via our website**. Our 1400 pages of information allows you to preview and order resources, research information on eggs or the egg industry, find recipes, learn when we will next be at a teacher conference/event and more. Check the "For Teachers" section of our website monthly to keep abreast of things. Why not even bookmark the site today!
6. We have **answers to questions and solutions to problems**. Whether a technical question, *What is the nutritional content of egg yolk and egg white?*, or a logistical one, *How can I get resource materials really fast?*, we can be reached in person toll-free at 1-877-302-2234, ext 128 between 7:30 a.m. and 3:30 p.m. Monday through Friday. Or, if you prefer, send an email to [catherine.kelly@eggs.ab.ca](mailto:catherine.kelly@eggs.ab.ca).
7. We **support food or nutrition special events**. Email the details of your class or school event to Catherine Kelly at the above address or fax it to 403-291-9216. Maybe it's a cook-off, a recipe contest or something else. Whatever it is, we would be pleased to provide resource materials and/or prizes.

## Featured Egg Recipe

### Herbed Tomato Omelette

A nice combination of flavours – perfect for a brunch, lunch or dinner.

#### Ingredients

2	eggs	2
2 tsp	water or milk	10 mL
1½ tsp	dried chives	7 mL
½ tsp	onion powder	2 mL
½ tsp	dried basil	2 mL
¼ tsp	dried oregano	1 mL
pinch	pepper	pinch
pinch	salt	pinch
¼ cup	tomatoes, diced	50 mL
¼ cup	mozzarella cheese, shredded	50 mL

#### Method

1. Beat eggs with water/milk in small bowl.
2. Stir in seasonings.
3. Heat 8-inch (20 cm) non-stick skillet over medium heat.
4. Add egg mixture. As egg sets at edges, use spatula to gently push cooked portions toward the centre of the skillet; tilt skillet to allow uncooked portions to flow into the empty spaces.
5. When omelette is almost set on the surface but still looks moist, sprinkle tomatoes and cheese over one half.
6. Slip spatula under unfilled side; fold omelette in half.
7. Cook briefly until cheese is melted. Serve immediately.

8. We support **class or school fundraising initiatives** by offering teachers or schools microwave egg cooker sets at cost. Buy them for \$2.25 a set, sell them for \$5 (or more), and you have the makings of a great fundraiser. Bonus: It's a great way to promote healthy eating, especially breakfast!
9. **Parlez-vous français?** Many of our resources are available in French too. Contact us for details.
10. **We continue to want to hear how we can serve you better.** Let us know and for your time and effort, we will be pleased to send you a token of our appreciation. Be sure to include your complete mailing address.

