





Celebrate Your Plate Kids' Activity All About Dairy!

Craft: Cow Mask Cut-Out

Print out this cow face and cut out the face to make your own cow mask! You can decorate the cow with spots or any design you like. Finish by attaching a popsicle stick to the bottom of the mask.



Reuse: Milk Jug Watering Can

Turn your empty milk jug into a watering can and water your plants or garden! Have an adult poke several small holes in the lid then fill the jug with water. Use paint or markers to decorate your personalized watering can.



Taste: Healthy & Kid-Approved Recipes



Banana Pudding in a Bag



Mac and Cheese in a Mug



Nice Cream

