

World Milk Day

1st June

Quiz

1. How many compartments does a cow's stomach have?
a. 1, b. 2, c. 3, d. 4
2. What do you call a baby cow?
a. puppy, b. calf, c. foal, d. kid
3. What's equivalent to a cows' daily water intake?
a. a bucket, b. a babybath, c. a bathtub, d. a swimming pool

Answers 1d, 2b, 3c

Fun Facts:

No two cows have the same spots - they have their unique patterns!



How the Co-op supports British dairy farmers

At Co-op, we support our dairy farmers with our Co-op Dairy Group, which was created in 2011 and is now made up of 160 farmers from across England, Scotland and Wales. Being part of the group allows our farmers to get a guaranteed price for every litre of milk their cows produce, and in turn it provides them with the tools to invest in more sustainable farming methods. The Co-op Dairy Group is a cooperative partnership, a two way relationship between the farmer and the retailer. We are incredibly proud to work with our dedicated dairy farmers who produce milk for our Co-op stores from happy, healthy cows!

Strawberry milk ice lollies

Fill your freezer with these homemade lollies. They're a fruitier, fresher take on traditional versions.

Ingredients

227g pack Co-op British strawberries, hulled

300ml Co-op semi-skimmed milk

200g Co-op Greek style natural yogurt

1 tbsp Co-op clear honey (optional)

Method

Put the strawberries into a blender with the milk and whizz until smooth

Add the yogurt and honey, if using, and blend again, until combined

Pour the mixture into an ice lolly mould and insert the sticks

Freeze for 6 hours, or overnight if you have time, until firm

To remove the lollies, briefly dip the base of the mould in warm water and gently wiggle until they come out *time excludes freezing

Approx per serving

Energy	Fat	Saturates	Sugar	Salt
294kj 68kcal	3.1g	2g	7.8g	0.08g
3%	Med 4%	Med 10%	Med 9%	Low 1%

% of adult's reference intake | Carbohydrates per serving : 8g



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It's what we do