

### BRIEFLY...

#### **Byrne Dairy Receives Gold Medal**

With a perfect score, Cornell University's Department of Food Science, Ithaca, N.Y., named Byrne Dairy, Syracuse, N.Y., the first place winner of the 2011 New York State Fair Fluid Milk Quality Competition.

Byrne Dairy's Fresh Plant received the highest possible rating after all of the results were recorded, judged and totaled for the following categories: Flavor, Bacteria, Butterfat and Freezing Point.

#### **Dairy Research Institute, Cornell Establish Partnership**

The Dairy Research Institute, Rosemont, Ill., and Cornell University, Ithaca, N.Y., established a partnership with the Northeast Dairy Foods Research Center, a cooperative research and extension effort between Cornell University and the University of Vermont.

The center will focus on fluid milk and dairy ingredient research, provide applications and technical support for improvements in milk powder quality and help establish the next generation of dairy ingredients. The center also will provide new learning opportunities for the industry with short course training in dairy food safety, Hazard Analysis and Critical Control Points (HACCP) and dairy processing with a particular focus on fluid milk processing, cheese making and artisan dairy production. For more information on the Dairy Research Institute, visit [www.USDairy.com/dairyresearchinstitute](http://www.USDairy.com/dairyresearchinstitute).

#### **NDC, NFL and Top Chef Alum Kick Off Back-to-School Program**

The National Dairy Council (NDC), Rosemont, Ill., the National Football League (NFL) and Carla Hall, Top Chef alum and co-host of ABC's upcoming lifestyle series, The Chew, are jump starting the new school year by motivating students to take charge of their well-being through Fuel Up to Play 60, an in-school nutrition and physical activity program launched by the NDC and the NFL in collaboration with the U.S. Department of Agriculture.

To ensure parents make their children healthy lunches and encourage exercise throughout the school week, Fuel Up to Play 60 and Hall offer the following tips.

- **Don't get hung up.** Don't get frustrated by trying to create the perfect meal for children, as long as you work toward balance. Even the occasional chocolate chip cookie works, especially when served with milk.
- **Create a game plan.** Prepare in advance by planning out the weekly lunches and snacks.
- **Make good food the easy way.** Food doesn't have to be homemade to be nutritious. Reach for healthy packaged options like string cheese or yogurt.
- **Have fun.** Making meals together can be a fun activity to teach children about the value of building a colorful and nutritious meal for themselves, and letting them co-own their own health and wellness.
- **Prioritize family time.** Plan activities that help you and your child work toward achieving at least 60 minutes of daily physical activity – from taking a walk after dinner to playing catch or dancing in the backyard.