



Southwest/Southland Dairy Farmers'

# DAIRY LINE

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**INSIDE:** Are Animal Protein Foods  
A Better Option?



## Racing For the Win...And Chocolate Milk



Over 10 years ago, Southwest/Southland Dairy Farmers began handing out chocolate milk at the end of runs of all distance as a way for people to rehydrate with the ultimate recovery beverage. We have promoted this messaging at countless race events over the last decade and met so many believers with the message of refueling with chocolate milk.

Southwest/Southland Dairy Farmers have promoted chocolate milk as The Original Sports Drink (which has been trademarked for over 10 years) by utilizing many different programs over the years. With chocolate milk providing the ultimate carb to protein ratio,

racers are able to recover with a top hydration beverage that includes 13 essential nutrients.

Southwest Dairy Farmers participated in the BMW Dallas Marathon Festival, December 9 & 10th. Over 23,000 runners competed over the course of two days. Chocolate milk, along with our product message was waiting for runners as they crossed the finish line to rehydrate and refuel after their workout. Over 12,000 milks were consumed by runners, and the feedback received confirm runners belief in milk as the ultimate recovery beverage.

2024 brings new runs and Southwest/Southland Dairy Farmers are excited to continue providing milk at the finish line! 🐮



# Winter 2023 Chocolate Milk Grants Awarded

High school athletic teams in our producer-funded areas continue to be given the opportunity to apply for a grant to provide funding for chocolate milk for their season. This year, the Winter 2023 recipients are:

- Ingalls High School - Ingalls, KS
- Independence High School - Independence, KS
- Sacred Heart Academy - Louisville, KY
- Southern High School - Louisville, KY
- Laquey R-V School District - Laquey, MO
- Liberty High School - Mountain View, MO
- Lutheran North High School - St. Louis, MO
- South Caldwell High School - Hudson, NC
- Brevard High School - Brevard, NC
- Jack Britt High School - Fayetteville, NC
- Yukon High School - Yukon, OK
- Okarche High School - Okarche, OK
- Owasso High School - Owasso, OK
- John H. Guyer High School - Denton, TX
- Grace Community School - Tyler, TX
- L.D. Bell High School - Hurst, TX
- Lubbock Christian High School - Lubbock, TX
- Pulaski County High School - Dublin, VA
- James River High School - Buchanan, VA

**Your high school athletic team could be next!** The winter sports application deadline is January 19th, 2024. For more information and to apply online, visit us at [www.southwestdairyfarmers.com](http://www.southwestdairyfarmers.com) or [www.southlanddairyfarmers.com](http://www.southlanddairyfarmers.com). 🐄

## Frito Pie Casserole

### INGREDIENTS

- 1 lb. cooked ground beef or turkey
- 1-28 oz. can of crushed tomatoes
- 2 cans of beans (1 kidney and 1 black) with liquid
- 1 medium onion, chopped
- 2½ tsp. chili spice blend of your choice
- 1 (9.25 oz.) bag of Fritos corn chips
- 2 c. of Shredded Cheddar Cheese
- 1 c. of Sour Cream
- Green onions to garnish



### DIRECTIONS

1. In a slow cooker or on the stove top, combine cooked ground meat, crushed tomatoes, 2 cans of beans, chopped onion and a chili spice.

  - Slow cooker method: Cook on high for 4 hours, or on low for 6-8 hours.
  - Stovetop method: simmer for 45 minutes.

2. Once chili is cooked, heat oven to 350 degrees.
3. In a 13 x 9 inch glass baking dish, layer 2/3 bag of Fritos. Top with 1 cup of cheese to keep the Fritos from getting soggy. Layer cooked chili on top of cheese and then top with remaining cheese.
4. Cook for approximately 20 minutes or until the cheese is melted and the casserole is fragrant.
5. Top with the remaining 1/3 bag of Fritos and serve with a dollop of sour cream and garnish with green onions.

# Southwest and Southland Dairy Farmers Are Ready to Serve the Dairy Industry in 2024

## Southwest / Southland Dairy Farmers Staff

### Back Row:

Jim Hill, Jay Crawford, Kayler Campbell  
Nadine Weakley, Lacey Stewart, Aaron Sanders  
Charlotte Boyett

### Middle Row:

Caroline Stiger, Kari Hamilton, John Crawford  
Irma Hyde, Haley Fisher, Paula Tidwell, Morgan Cole  
Diana Ramirez, Amanda Phelps

### Front Row:

Todd Griffin, Suzie Reece, Ralph Keel  
Courtney Bumgarner, Robert Ramirez  
Steven Branecky, Jessica Harrington, Brad Holland



# Are Animal Protein Foods A Better Option?

**“Complete” Protein vs. “Incomplete” Protein**

The protein in dairy is a “complete” protein.

Of 20 different types of amino acids in protein, our body makes 11 types on its own.

The remaining 9 types are called essential amino acids.

Essential amino acids can only be acquired through the foods we eat.

If the protein you eat has all 9 essential amino acids, it is called a “complete” protein.

9 essential amino acids found in animal protein

- HISTIDINE
- LYSINE
- ISOLEUCINE
- PHENYLALANINE
- VALINE
- THREONINE
- METHIONINE
- LEUCINE
- TRYPTOPHAN

This question is being asked more and more these days. Jill Castle, MS, RDN, breaks it down to the following:

- 1) **Animal protein is a complete protein.** It provides the 9 essential amino acids your body can't make. Plant proteins are incomplete, missing some of these essential amino acids.
- 2) **Animal protein is superior at building more muscle.** This is important for kids who are growing. Muscle is also key to maintaining health, physical stamina, and strength as you age.
- 3) **The body absorbs animal protein sources more efficiently than it does plant proteins.** In fact, studies have shown milk and dairy foods have a higher protein digestibility-corrected amino acid score (or PDCAAS), which is a measure of how much protein one actually absorbs from the food we eat.
- 4) **Animal proteins also carry essential nutrients for health,** such as calcium, vitamin D, iron, zinc, and many others.

While eating more fruits, vegetables, and whole grains boosts health for everyone, dairy protein offers unique benefits. 🐄

## Welcome to our two newest MDC Instructors



**Charlotte Boyett**

Charlotte has been employed by the Southwest Dairy Farmers since November 2023. Charlotte received her bachelor's degree in economics from Texas Tech University. She taught History, Career Investigations, and Family Consumer Sciences in Lubbock for many years before becoming a Mobile Dairy Classroom Instructor.

Charlotte and her husband Brandon raise Jersey dairy cows, Olde English Babydoll Southdown and Harlequin Sheep, Nigerian Dwarf Goats, Chickens, and Livestock Guardian Dogs on their farm. Charlotte has 4 children- Daniella, Natalie, Brianna, and Matthew and a new precious little grandbaby, Allesandra. Charlotte and her husband enjoy traveling and planning new adventures. 🐄



**Caroline Stiger**

Since graduating from Oklahoma State University in 2020. Caroline has immersed herself in the dairy industry. While working as a technician and research assistant at the university's dairy farm, in addition to being one of the primary caretakers of the herd, Caroline served as the farm's principle educator, providing tours to the general public, working with faculty to encourage student engagement, and facilitating learning opportunities for all.

Originally a “city” girl from the suburbs of Washington, DC, Caroline nurtured her love of livestock and farming through the local 4-H program. Since that time, she has engaged in her passion of teaching others, especially the young and impressionable, about the wonders of farm life and where their food comes from. She is thrilled at the prospect that her current role as mobile dairy classroom instructor will provide the perfect outlet for this avocation.

Caroline enjoys all things outdoors (hiking, hunting, fishing, the beach). She is an observer by nature and relishes in those quiet moments on the farm or out in nature. 🐄

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**There's still time...**  
to get your 2024 Cooking with Dairy Calendar.  
Just call 903-439-6455 (MILK) to request  
your copy.



## EVENTS

**January 12 – February 2, 2024**

Ft. Worth Stock Show & Rodeo;  
Ft. Worth, TX

**February 8 – 25, 2024**

San Antonio Stock Show & Rodeo;  
San Antonio, TX

**February 23 – 25, 2024**

Cowtown Marathon; Ft. Worth, TX

**February 27 – March 17, 2024**

Houston Livestock Show & Rodeo;  
Houston, TX

**March 8 – 23, 2024**

Star of Texas Fair & Rodeo; Austin, TX

**March 21 – 31, 2024**

South Texas State Fair; Beaumont, TX

**March 23, 2024**

Red River Wine Festival;  
Wichita Falls, TX