

Milk in Schools



112 Nutrition has selected Valley View Farms/Hastings Coop Creamery as their premier milk supplier.

Hastings milk is from cows NOT treated with rBST/rBGH and is:

- Chemical Free
- Fructose Free
- Produced by Local Farms

What is rBST/rBGH? Recombinant bovine somatotropin, also known as recombinant bovine growth hormone (rBGH) is a synthetic hormone used to stimulate milk production.

112 Nutrition offers regular and flavored milk choices. Families can educate their children on the choice that is right for them. We want to give families credible information to help in the decision making process.

Milk in Schools



HASTINGS FLAVORED MILK

- **Is a low sugar product with only 9 grams of added cane sugar**
- **All milk has 12 grams of natural sugar as lactose in an 8 oz. serving.**
- **Does not have any high fructose corn syrup or sweetener**
- **Hastings flavored milk has 21 grams of sugar (9 grams of cane sugar plus 12 grams of natural sugar as lactose), which is less than any other supplier in the state**
- **Hastings flavored milk is 20 calories more than 1% white milk**

Hastings uses a premium cocoa and fewer ingredients, therefore a cleaner tasting product.

Hastings Coop is owned by over 120 local, family farms from Minnesota and Wisconsin.

Hastings is the only milk bottling company headquartered in Minnesota.

Leading health organizations support flavored milk. Flavored milk was supported in both the 2010 Dietary guidelines as well as in USDA reauthorization.

For more information visit www.nutritionexplorations.org