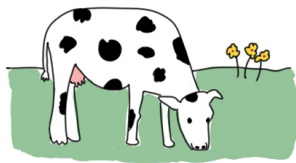
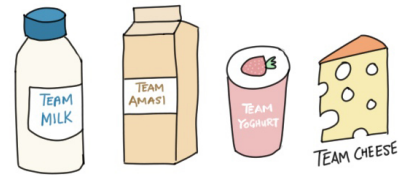


# Rediscover Dairy

With Rediscover Dairy, you can stay up to date with news about the health and nutrition benefits of dairy. Every quarter, Rediscover Dairy will share what industry experts and scientists have to say about the goodness of dairy.

## THE DAIRY TEAM

Did you know that having a 'whole' dairy product does more for you than having the various dairy nutrients separately? This is because the nutrients act as a team, called the dairy matrix. The nutritional value of a food is determined not only by what nutrients it contains, but also by how they are organised with respect to each other. [Read more](#) about how the dairy matrix works for you when you drink some MILK or AMASI, have some YOGHURT or nibble on some CHEESE.



## SUSTAINABLE DIETS: A COMPLEX CHALLENGE

The emphasis in nutrition has shifted from balanced diets to sustainable diets. In the past, balanced diets were advocated to prevent malnutrition and sustain human life and health. But with the effects of climate change, plastic and other pollution, hormone disrupters, desertification and impending 'water wars', a new concept of 'sustainable diets' has been formulated by the Food and Agriculture Organization. To reflect this concept, food intake patterns should ideally be nutritionally adequate, economically affordable, socially and culturally acceptable, and eco-friendly. Read more about it [here](#).

## NEW ONLINE TOOLS

The Consumer Education Project (CEP) of Milk SA has launched exciting new online tools. Ask Dairy puts dairy-related information at your fingertips. Simply go to <http://dairygivesyougo.co.za/ask-dairy> and click on the menu item: And if you're wondering if you're getting enough dairy every day, Do the Dairy Diary. Simply go to <http://dairygivesyougo.co.za/dairy-diary> to see if you're getting your three servings of dairy every day.



Ask questions and get tips!



It's fun for kids to learn about dairy!

## THE CONSUMER EDUCATION PROJECT OF MILK SA WAS PART OF THE WORLD SCHOOL MILK DAY 2018

The Consumer Education Project (CEP) of Milk SA teamed up with the Department of Basic Education and the Milk Producers Organisation (MPO) for the month of September. Teachers at participating schools received copies of CEP-developed teacher's guides on dairy and healthy eating, together with activity sheets to share with their learners. The MPO provided milk for every learner at the participating schools on the day. Learners from 13 primary schools learnt about the tasty goodness of milk during this period. Have a look at the material at [www.dairykids.co.za](http://www.dairykids.co.za).

