

87 WORDS, 30 SECONDS

## SAY CHEESE

More than a third of all milk produced each year in the U-S is used to manufacture cheese—and there are over two thousand varieties of cheese. You may want to try a new type during June, which is dairy month. That's when you'll also find special prices and promotions on yogurts, dips, puddings, cheeses and more. These nutrient-rich foods can help you build and maintain a healthy family. For recipes from the National Frozen and Refrigerated Foods Association, visit easy-home-meals--dot-com.