

# THE CHICKEN COOP CHRONICAL

*Egg-stra, Egg-stra, Read all*

August 2019



Milk prices are making an increase for the month of August. The United States Department of Agriculture has decided for the milk bottlers to pay dairy farmers slightly higher this month. Expect for cream products such as 1/2 & 1/2, to gradually go up due to the increase in the demand in butter the past few weeks.

The egg market has been kept low with an ample supply of eggs in the national inventory due to the high amount of laying hens. Take advantage of these low egg prices with promotions and delicious egg dishes. Go to [www.aeb.org](http://www.aeb.org) for great ideas for marketing ideas and recipes.



**The following price change will go into effect August 5th, 2019**

**Estos precios se inician el 5 de agosto 2019**

	<u>WHOLE (3.25%)</u>	<u>2%</u>	<u>1%</u>	<u>SKIM-Fat Free</u>
Dispenser	+0.300	+0.300	+0.300	+0.300
Gallons	+0.060	+0.060	+0.060	+0.060
Half Gallons	+0.030	+0.030	+0.030	+0.030
Quarts	+0.015	+0.015	+0.015	+0.015
Pints	+0.008	+0.008	+0.008	+0.008
Half Pints	+0.004	+0.004	+0.004	+0.004



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American Egg Board

# STAKEHOLDER OF THE MONTH

## Alli Dennison



Happy Chicken Farms and Merry Milk Maid are proud to announce Alli Dennison as the Stakeholder of the Month. Alli is hard worker, very helpful to other stakeholders, and has a great attitude! She always come into work ready to get the job done, and is friendly to all customers she talks to. Alli has been working the Accounts Payable position for over a year now and she has been absolutely excellent with it! Thank you Alli for all of the hard work you put day in and day out! We are grateful to have you on our team and look forward to many more years together!

**Congratulation Alli!**

### Did you know??

#### **There are many benefits of drinking chocolate milk for Nutrition Recovery!**

We all know chocolate milk is delicious, but did you know that chocolate milk also has proven to be nutritious and rejuvenating? According to an article written by the Children's Hospital Colorado\*, most high school athletes or younger athletes on competitive club teams with rigorous workouts can benefit from drinking a glass of chocolate low-fat milk after intense workouts.

Here are 7 benefits of low-fat chocolate milk for recovery:

- ◆ Fluid & electrolytes for hydration
- ◆ Protein source for muscle repair
- ◆ Carbohydrate source to replenish energy
- ◆ Chocolate in the milk boosts the carbohydrate supplied to muscles and liver
- ◆ Low cost replenishing option
- ◆ Available in the school cafeteria
- ◆ Replenishes necessary vitamins



\*<https://www.childrenscolorado.org/conditions-and-advice/sports-articles/sports-nutrition/10-benefits-of-drinking-chocolate-milk-for-nutrition-recovery/>



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