



CHEESE

YEAR-ROUND



ARKANSAS
FarmtoSchool

UofA
DIVISION OF AGRICULTURE
RESEARCH & EXTENSION
University of Arkansas System



PRODUCE

Cheese is made from milk. Milk is fermented and processed into curds and whey. The curds are separated from the whey and made into mature, natural cheese. Processed cheese is a mixture of fresh and aged natural cheese that has been melted, pasteurized, and stabilized.



PREP

Refrigerate cheese between 35 and 40 degrees Fahrenheit in a refrigerator drawer. Take it from the refrigerator as needed. Wrap cheese in plastic film wrap or foil after removing it from packaging. Prepare to be eaten by itself or as an ingredient in your favorite entrée.



EAT

Cheese is a delicious addition to breakfast sandwiches and entrées. Cheesy mashed potatoes, cauliflower, or turnips are yummy side dishes. Try broccoli cheddar soup! Enjoy macaroni and cheese, lasagna, or other cheesy pastas. Dip chips or bread in melted cheese dip!



LEARN

Cheese is a **dairy** product. Cheese is high in protein and other vitamins and nutrients. These vitamins and nutrients help the nervous and muscular systems function properly. Cheese is mostly made from cow, goat, sheep, and water buffalo milk. There are over 2,000 varieties of cheese around the world!

