

## CHEESE



### FIND CHEESE IN ARIZONA

Here are some of the places in AZ where cheese can be purchased:

- Arizona Farms Cheese, Tempe, AZ
  - Via Charlie's Produce
  - Via Sun Produce
- Crows Dairy, Buckeye, AZ
  - Via Blue Sky Organic Farms
  - Via Sun Produce CO-OP
  - Via Pivot Produce



[Check out this article about the effects of visible cheese on selection and consumption of food groups to encourage \(FGTE\)](#)

### ARIZONA CHEESE FACTS

- Milk is the signature ingredient in all cheese. Different types of milk will help you add specific flavor profiles to recipes and cheese plates
- Cow's milk is the most commonly used in cheese making. However, sheep, goat, and buffalo's milk cheeses are also very popular.
- Cheese curds, known as "Squeaky Cheese," are a delightful result of cheese-making. These curds are extracted after the whey is removed, before pressing into blocks like Cheddar or Colby. With a mild, tangy flavor and a distinctive squeak, they are a popular snack. Fresh cheese curds can be eaten as a part of a meal, finger food, or an appetizer.

### LOCAL RECIPES

#### Basic Poutine Recipe

Poutine is a dish of French fries and cheese curds topped with a brown gravy. Traditional poutine is delicious, but don't be afraid to get creative with your toppings. Try experimenting with new flavors by adding different sauces and proteins.



#### Cucumber Tomato Feta Salad



Make this ahead of time, so the salad absorbs all those yummy flavors. Add some chunks of crusty Whole-Grain bread in the bottom of the bowl to soak up all the fresh ingredients!



### QUICK MATH: CHEESE



1 M/MMA

1 ounce  
of cheese

1 M/MMA

$\frac{1}{4}$  cup  
Shredded  
Cheese

1 M/MMA

$\frac{1}{8}$  cup  
Cubed  
Cheese

In order for a food to contribute to the M/MMA component, it must contain a minimum of one-quarter ounce equivalent (0.25 oz eq) of a M/MMA

