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For immediate release

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**Celebrate June Dairy Month with free brunch,
tour of local dairy farm on Saturday, June 12**

INDIANAPOLIS – Central Indiana residents are invited to join the American Dairy Association of Indiana (ADAI) and the Hoosier state’s dairy farm families as they celebrate June’s National Dairy Month with a free public brunch and educational dairy farm tour.

In the Indianapolis area, “Brunch on the Farm” takes place Saturday, June 12, 9 am to 12 noon at the Niessen Family Dairy Farm, 9302 South County Road 275 East in Lewisville.

Representatives from the American Dairy Association and radio promotional partner WFMS will join members of the Niessen Family for festivities – serving up a delectable menu, handing out a variety of prizes, meeting and greeting brunch guests, and leading farm tours.

For directions to the farm and additional information about the brunch, log on at www.winnersdrinkmilk.com.

The event is free, but guests are asked to bring non-perishable food items to benefit the local food pantry.

June Dairy Month originated in 1937 as an annual tradition developed to celebrate the dairy industry and its many contributions to our society. Today, its rich history continues and is observed across the country in many ways.

The dairy case has something for everyone – including low-fat and fat-free varieties as well as lactose free products. Families can choose from a variety of milk, cheese and yogurt products to meet their taste and nutritional goals. Nutrient-rich dairy foods also are among the most economical sources of nutrition. Penny for penny, dairy offers one of the best nutritional values of any food group. Dairy provides nine essential nutrients including calcium, potassium, protein, and vitamin D. The Dietary Guidelines encourage Americans to enjoy three servings of low-fat or fat-free milk, cheese or yogurt every day.