



I “Dairy” You!

Ever wonder where your food comes from? We will learn what cows eat and how their nutrients pass onto the milk and other dairy products we consume. Join Camp Happy counselors as we dare to explore more about dairy and even make our own ice cream! TIP: enjoy this activity on July 9, which is National Cow Appreciation Day so you can get a free meal at participating Chick Fil A Restaurants!



Harford County Dairy Farms Downloadable Activity Booklet

Let’s learn all about cows and how they make the dairy products we all love by completing [this activity booklet](#)!



Make Your Own Cow Costume

Cow Appreciation Day is Chick Fil A’s day to show their customers appreciation and honor their iconic Eat Mor Chikin® Cows. On this day, customers who visit any of their restaurants wearing something cow-like (e.g., spotted accessory, black and white spots on t-shirt, a cow hat or mask.) will receive a free entrée. To decorate a tee-shirt with a spotted cow pattern, lay a clean, white tee-shirt on a flat surface. Trace a clean shoe onto black construction paper and cut out the shape. Repeat to get 2-3 shapes. Then trace the base of a cup and the mouth of a bowl. Once you have about 6-8 shapes, use Scotch tape to form a rings (sticky side out) and tape each shape with at least four pieces of tape to the tee-shirt.



Make Your Own Ice Cream

If you like ice cream, you’re going to want to watch [this video](#) made by Camp Happy Counselor Sona Kukreja who teaches us how to make our own ice cream with a few ingredients commonly found at home!



Enjoy your Ice Cold Confectionary Delight

Enjoy the cold creation you made *after lunch* and don’t forget to add your toppings!



Enrichment: Journal Entry

Write in your journal as much info about cows as you can remember, and all the steps to making your own ice cream so you can always remember this day.

We’d love to see your Camp Happy pictures. Tag us on social media @wecancerve

