

**REISSUED WITH CORRECTIONS
FOR IMMEDIATE RELEASE**

Contact:

Kathy Broniecki
Hiland Dairy
(402) 558-0637
KathyB@envoyinc.com



Hiland Brings Easter Favorites Back to Stores

Springfield, MO – March 19, 2015--Having trouble getting your kids to drink enough milk to get their daily requirement of protein and calcium?

Maybe the Easter Bunny can help.

Hiland Dairy is bringing back Easter Egg Nog and Chocolate Marshmallow milk this spring because of customer demand. These flavored milk products combine the wholesomeness of milk with the flavors families enjoy during the holidays. Hiland Easter Egg Nog and Chocolate Marshmallow milk are available now and until Easter, April 5.

Just as Hiland Egg Nog is a tradition during the winter holidays, Easter Egg Nog is becoming a spring tradition. And who says chocolate and marshmallows should only be served hot? Not Hiland Dairy. Hiland Chocolate Marshmallow milk is proof this popular combination is delicious served cold. It's super refreshing and provides lots of energy sustaining protein and calcium.

While meat is the most obvious way to add protein to our diets, dairy foods, like milk, flavored milks and smoothies made with milk are excellent sources of protein. Cheese, yogurts and cottage cheese are also good sources, and many of these products now come in containers that are convenient to take on the go.

So treat the kids to a delicious glass of Chocolate Marshmallow milk or Easter Egg Nog which provides the proteins and calcium they need. Remember, though, these seasonal favorites will disappear after Easter!

For more nutrition information, recipes and inspiration for meals and snacks, please visit our blog, The Hiland Home <http://thehilandhome.com/reasons-why-protein-is-your-best-bet>.

<http://hilanddairy.com/products/seasonal>

About Hiland Dairy Foods Company

Hiland Dairy Foods Company is a processor and distributor of dairy foods and other beverages. Founded in 1937, the company is based in Springfield, Missouri and operates processing facilities in Arkansas, Kansas, Missouri, Nebraska and Oklahoma. In addition, Hiland Dairy Foods has distribution in 11 states throughout the Midwest. For more information visit HilandDairy.com