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SPRINGFIELD, Missouri (June 15, 2015) –

HERE IS HOW HILAND DAIRY CELEBRATES JUNE DAIRY MONTH!

1. Hiland Dairy Introduces Three Summer Milk Flavors.

Here at Hiland, we don't believe you need a holiday to celebrate a season.

You know Hiland offers seasonal products to coincide with some of the most festive times of the year: Easter, Christmas and Halloween, but we were feeling one of the most beloved times of the year wasn't getting the attention it deserved. That is why Hiland is proud to introduce new summer seasonal products.

But just like summer, these flavors will be gone far too soon.

That means it's time to head to your nearest supermarket or grocer to stock up before the light and refreshing Vanilla Chai Milk, luxuriously smooth Chocolate Truffle Milk and the unexpectedly delicious Sea Salt Caramel Milk disappear with the season. All flavors are available from now until the end of July.



For additional Hiland Dairy Summer Flavored Milk images, visit:

<http://www.HilandDairy.com/company/media-center>

2. Hiland Dairy Wants to See Your #HilandSummerFun Selfies!

Contest began May 11, 2015 and ends June 29, 2015.

Wherever there is Hiland, there's a Hiland Home. So, when you take your Hiland Home on the road this summer, you can win BIG in the Hiland Summer Fun Selfie Photo Contest!

Just remember to **SNAP & SHARE** to **WIN!!!**

SNAP a Summer Fun Selfie of your family enjoying Hiland Dairy products this summer...at the lake, on a picnic or even at the game.

SHARE your selfie through the entry form on either our website

(<http://www.hilanddairy.com/summerfun/>) or

Facebook page

(<https://www.facebook.com/HilandDairy/>); or post your selfie on Facebook, Twitter or Instagram using #HilandSummerFun.

You could **WIN** a trip for your family to a Summer Fun spot near you! We are also giving away awesome weekly prizes like selfie sticks, smoothie blenders and Hiland Dairy products, so keep your eyes on our Facebook page to see the weekly winner announcements.

About Hiland Dairy

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.

