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**FOR IMMEDIATE RELEASE**

**Hiland Dairy Expands Its Convenience Line Offering Seven New Five-Ounce Cottage Cheese Products**

***Single-serve packages provide a portable, convenient, and simple way to get protein on the go***

**SPRINGFIELD, Mo., December 26, 2019** — Capturing the protein-packed goodness of Hiland Dairy in seven new five-ounce packages will offer consumers tasty on-the-go options. Available in Zesty Fiesta, Garden Veggie, Peach, Strawberry and Pineapple – each one is packed with 12-14 grams of protein. There are also two options for plain cottage cheese: small curd with 4% milkfat and 2% low-fat. The new Hiland Dairy Cottage Cheese line provides the delicious fresh flavor you expect from Hiland Dairy.

The five-ounce packages began appearing on retailers’ shelves in December. The suggested retail price is $1.29-1.39 each. The new package is perfect for lunch, pre-workout, or simply a meal on-the-go.

“Consumers continue to request high-protein products that are convenient for their busy lifestyle,” said Rick Beaman, Vice President, Hiland Dairy Foods Company, he continued “We believe that our five-ounce cottage cheese provides the perfect ‘on-the-go’ option for anyone wanting to add more protein to their diet.”

While protein makes up approximately 69% of its total calorie count, it is also a good source of other important nutrients, including calcium, phosphorus, selenium, vitamin B12 and riboflavin.

If consumers do not see the product in stores by January, they can complete a shopper request form online to print and take to their favorite grocer. <https://www.hilanddairy.com/pdfs/hiland_shopper_request_form.pdf>

**About Hiland Dairy Foods Company**

Hiland Dairy, based in Springfield, Missouri, is a leading farmer-owned dairy foods company. Their widely loved products include ice cream, milk, butter, cheese, and eggnog. Hiland Dairy has expanded beyond dairy and has a wide variety of other beverages, such as Red Diamond Tea, lemonade, and fresh juices.

As a farmer-owned company, Hiland employs more than 2,500 people throughout Arkansas, Kansas, Missouri, Nebraska, Oklahoma, and Texas. Hiland’s farmer-owners are just miles from the Hiland processing plants where our milk goes from the farm to the shelves within 48 hours. This speedy process is environmentally friendly and gives the signature fresh taste to all Hiland products! Hiland strongly believes in the community and is committed to our environment. Using eco-friendly processes, Hiland continues to provide wholesome dairy to a healthy world. Learn more at [www.HilandDairy.com](http://www.hilanddairy.com)