

# 10 WAYS TO ENCOURAGE STUDENTS TO DRINK MILK

**1** **SERVE ICE COLD MILK.** Milk tastes best when it's under 40°F, strive to serve it at 35°F.

**2** Increase milk's appeal by displaying it in **ATTRACTIVE WAYS.**

**3** Offer a variety of milk options including lactose-free. **FLAVORED** and **LACTOSE-FREE MILK** have the same 13 essential nutrients as white milk.

**4** Try **HOT CHOCOLATE MILK** with older students.

**5** **SCHEDULE RECESS BEFORE LUNCH.** Thirsty students coming off the playground will drink more milk.

**6** **ENCOURAGE MILK WITH MEALS** and water in between. Reward students who drink all their milk.

**7** **DECREASE FOOD WASTE** while promoting good nutrition by giving a little nudge. Remind students five minutes before the meal is over to "finish your milk, finish your meal."

**8** Run our **DAIRY: GOOD FOR YOUR BODY** video on your cafeteria video screens.

**9** **CELEBRATE DAIRY HOLIDAYS** with our fun promotion tools and resources.

**10** Help your students learn about our **LOCAL DAIRY FARMS**, where milk comes from, and how many different foods can be made from milk. Milk is local, fresh, and always in season!



For more information visit  
[NewEnglandDairy.com](http://NewEnglandDairy.com)