



New England
Dairy

Real Facts About Real Dairy in School Meals

Thank You for Being Our Heroes!



Webinar Housekeeping

- You are muted
- Write questions in the Q&A box
- Evaluation and CPE certificate will be emailed after the webinar
- Stay connected by following @NewEnglandDairy



Agenda

Welcome & Introductions

School Meal Pattern Background

Dairy Nutrition Overview

Encouraging Dairy Consumption in Schools

Questions & Next Steps

Today's Presenters



Amanda Aldred, RD, SNS
New England Dairy



Becca Story, MS, RD, LD
New England Dairy



Robert Murray, MD
The Ohio State
University
Murray MD
Nutrition LLC



Dayle Hayes, MS, RD
Nutrition for the Future, Inc.
School Meals That Rock

Learning Objectives

- Explain the nutrient contributions of dairy in the diet and why it is included in the school meal patterns.
- Describe the nutritional differences between milk, lactose-free milk, and dairy alternative beverages.
- Identify strategies to encourage consumption of milk and dairy foods in school meal programs.

Suggested SNA Learning Codes

- 1310/1320 General Nutrition
- 4150/4160 Communications & Marketing

Why do we serve that?

School Meal Pattern Background

Becca Story, MS, RD, LD

Poll Questions: Essential nutrients are those your body cannot make on its own.

- a) True
- b) False

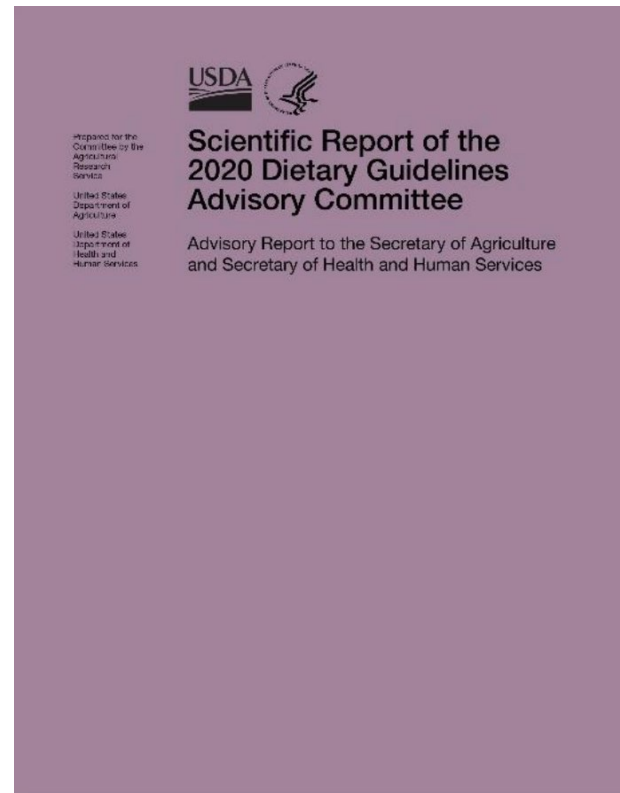
US Dietary Guidelines for Americans

- Nutrition foundation for federal programs like the National School Lunch and School Breakfast Programs
- Dairy Recommendations
 - 2-3 cup servings of low-fat or fat-free dairy for children 2-8 years old depending on calorie needs
 - 3 servings of low-fat or fat-free dairy for children 9 years old and older
- Revised every 5 years

U.S. Dietary Guidelines for Americans Process



Science Review



Scientific Report



Dietary Guidelines for Americans

Are we meeting the Dietary Guidelines?

- Monitoring
 - National Health and Nutrition Examination Survey (NHANES)
 - What We Eat in America (WWEIA)
 - Youth Risk Behavior Survey (YRBS)
- **Healthy Eating Index**
 - Snapshot of how well Americans are meeting nutrition recommendations.



Nutrients Defined

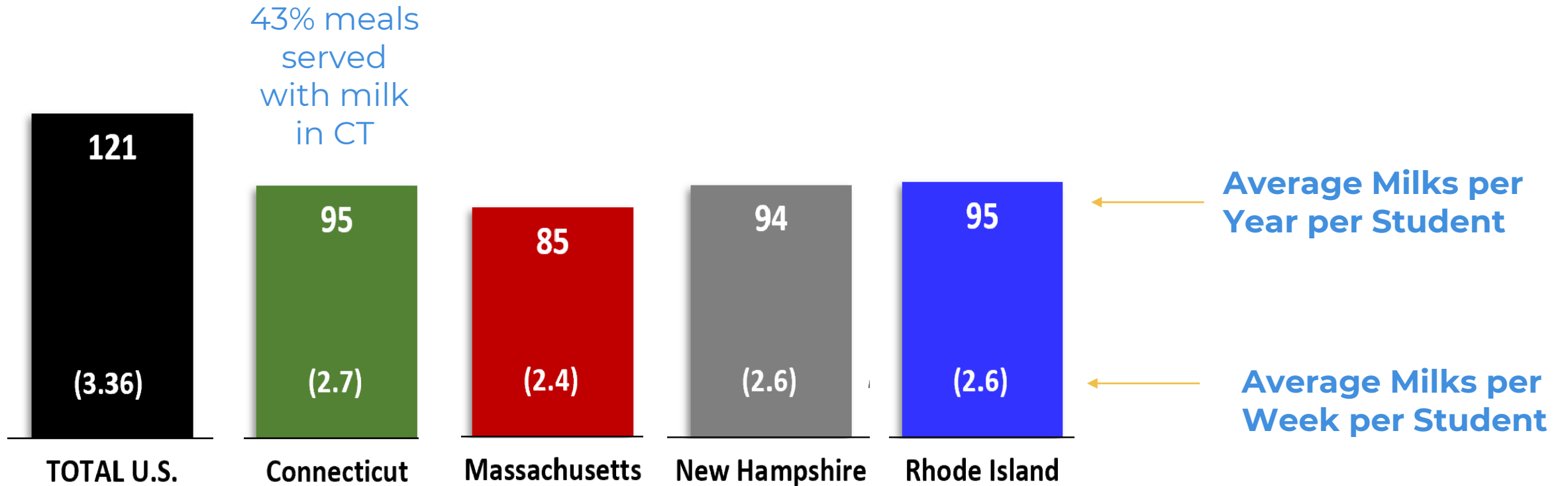
- **Essential Nutrient-** Nutrient required for normal body functioning that can't be synthesized at all by the body in large enough quantities and must be consumed through the diet.
- **Nutrient of Concern-** Nutrients that Americans don't get enough of in the average diet.



Poll Question: On average, children over 5 years of age

- a) Don't drink enough milk
- b) Drink enough milk
- c) Drink too much milk

School Milk Consumption in New England



**Meal sales information only available in CT. Milk sales information not available for VT.*

Poll Question:

The nutrients of concern are Calcium, Potassium, Vitamin D, and Fiber.

Which does dairy provide?

- a) Potassium, Calcium, & Vitamin D
- b) Fiber, Calcium, & Vitamin D
- c) All of the above.

Lucky 13

Dairy nutrition overview

Robert Murray, MD

The Dietary Guidelines for Americans

A Quality Dietary Pattern = Good Health



- Infection
- Heart Disease
- Stroke
- Diabetes
- Obesity
- Hypertension
- Metabolic diseases
- Osteoporosis
- Cancers
- Alzheimer's
- Mental Health



A Healthful Diet Pattern

- Plant oils
- Fish & seafood
- Lean meats
- Legumes
- Nuts & seeds
- Vegetables
- Fruits and 100% juices
- Dairy & yogurt
- Whole grains
- Wine
- Dark chocolate
- Coffee



Dietary Patterns are personal—
preferences, experiences, culture.
Improvements are *incremental*

Dairy in International Dietary Guidelines

- 100 countries have written food-based dietary guidelines
- *All* recommend a balance of animal and plant sourced foods
- *All* suggest fruits, vegetables, cereals, legumes, nuts, milk *and dairy*, meat and derivatives, fish, eggs, water, and oils.



Component	Maximum points	Standard for maximum score	Standard for minimum score of zero
Adequacy:			
Total Fruits ²	5	≥0.8 cup equivalent per 1,000 kcal	No Fruit
Whole Fruits ³	5	≥0.4 cup equivalent per 1,000 kcal	No Whole Fruit
Total Vegetables ⁴	5	≥1.1 cup equivalent per 1,000 kcal	No Vegetables
Greens and Beans ⁴	5	≥0.2 cup equivalent per 1,000 kcal	No Dark-Green Vegetables or Legumes
Whole Grains	10	≥1.5 ounce equivalent per 1,000 kcal	No Whole Grains
Dairy ⁵	10	≥1.3 cup equivalent per 1,000 kcal	No Dairy
Total Protein Foods ⁴	5	≥2.5 ounce equivalent per 1,000 kcal	No Protein Foods
Seafood and Plant Proteins ^{4,6}	5	≥0.8 ounce equivalent per 1,000 kcal	No Seafood or Plant Proteins
Fatty Acids ⁷	10	(PUFAs + MUFAs) / SFAs ≥2.5	(PUFAs + MUFAs)/SFAs ≤1.2
Moderation:			
Refined Grains	10	≤1.8 ounce equivalent per 1,000 kcal	≥4.3 ounce equivalent per 1,000 kcal
Sodium	10	≤1.1 grams per 1,000 kcal	≥2.0 grams per 1,000 kcal
Added Sugars	10	≤6.5% of energy	≥26% of energy
Saturated Fats	10	≤8% of energy	≥16% of energy

2-5 yr olds: 59.9

6-11 yr olds: 53.7

12-17 yr olds: 52.3

>65 yrs: 68

Adolescent Nutrition is critical to future health

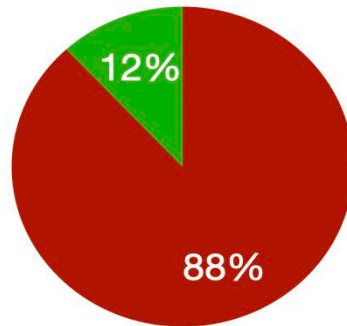
- Puberty impacts organ refinement, physiology, body composition, and metabolism
- 20% of final height
- 50% of adult weight
- 40% bone mass
- Brain reorganization/ social-emotional growth
- Establish their personal identity, values, and beliefs



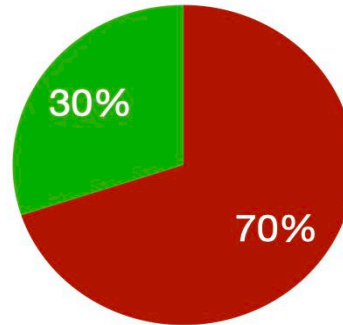
U.S. 9-15 years old: Key Nutrients

(2005–2016; n=7,353)

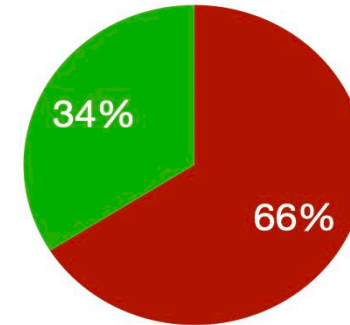
■ Not meeting recommendations ■ Meeting recommendations



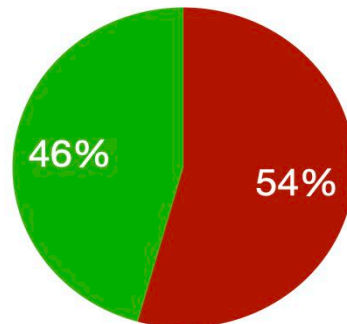
Vitamin D



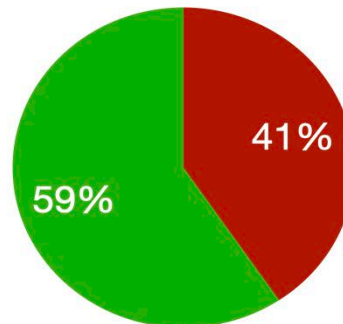
Vitamin K



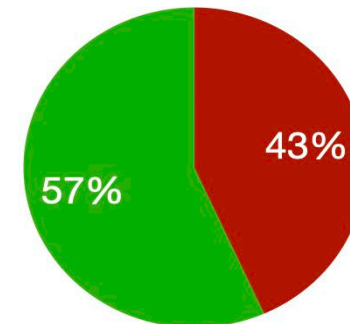
Calcium



Magnesium



Phosphorous



Zinc

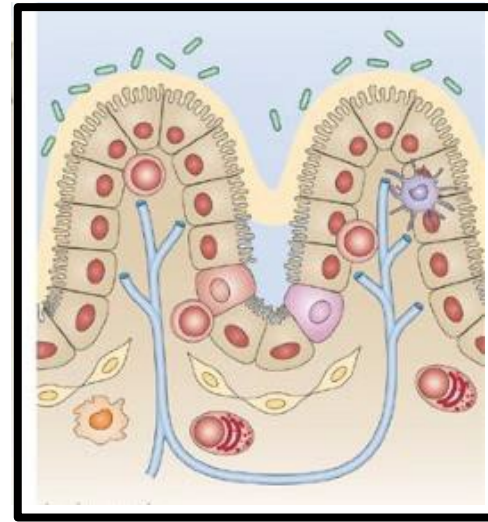
Nutrition Study evaluating US dietary intake data in children ages 9–15 years. 2005–2016 US National Health and Nutrition Examination Survey (NHANES) data from the Centers for Disease Control and Prevention.

Nutrition Builds & Maintains Brain



- **Vit B1** – utilize glucose, modulate cognition, language development, neurotransmitter synthesis
- **Vit B6, B12, choline, tryptophan, tyrosine, phenylalanine, copper, histidine, threonine** – synthesis of **neurotransmitters**
- **Vit B12** – cognition, language, myelination
- **Vit C** – antioxidant, cognition, memory, myelination
- **Vit D** – prevents neurodegenerative disease
- **Vit E** – cell membrane integrity, antioxidant, protection of DHA
- **Iron** – oxygenation, synthesis of myelin & neurotransmitters, brain development, IQ
- **Magnesium** – energy and ion regulation, neural plasticity
- **Zinc** – neuromotor transmission, cell proliferation, taste
- **Iodine** – (via thyroid) cellular energy metabolism
- **Omega 3 PUFA (DHA)** – cognition, visual development
- **Lutein** – macular protection
- **Flavonoids** – protect & enhance neurons, anti-inflammatory, cognition

Quality Nutrition Supports Immune Defense



Gastrointestinal Immunity

Epithelial barriers	Cellular immunity	Antibody production
Vitamin A Vitamin C Vitamin E Zinc	Vitamin A Vitamin B ₆ Vitamin B ₁₂ Vitamin C Vitamin D Vitamin E Folic acid Iron Zinc Copper Selenium	Vitamin A Vitamin B ₆ Vitamin B ₁₂ Vitamin D Vitamin E Folic acid Zinc Copper Selenium

A good to excellent source of

- Protein
- Calcium*
- Vit D*
- Potassium*
- Vitamins A
- B Vitamins: riboflavin (B2), niacin (B3), pantothenic acid (B5) and cobalamin (B12)
- Phosphorus
- Iodine
- Selenium
- Zinc



***The number 1 source
for 3 of 4 DGA
*nutrients of concern***

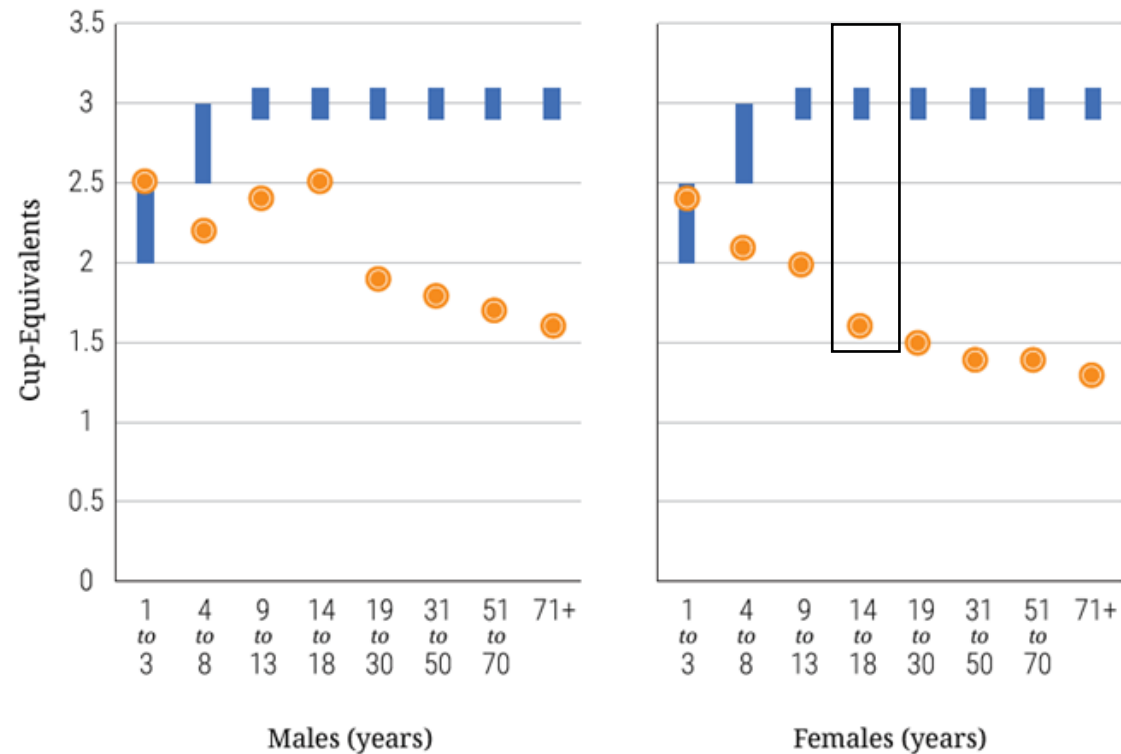
Dairy Gap

Calcium vitamin D
Potassium magnesium
choline



Dairy

Phosphorus zinc
Vitamin A & B12
riboflavin



Influencers

- Peers
- Body image
- Media, social media
- Adult models
- Food security
- Dietary preferences
- Cost, convenience
- Personal / cultural beliefs

Chart Legend

Blue: Recommendation

Orange: Current Consumption

Dairy, Linear Growth, & Bone Health

- Milk raises a growth hormone, IGF-1, stimulating greater linear growth
- A study:
 - 4 groups of teens ranked by milk intake and physical activity
 - Those with the highest milk and PA had the highest *bone mineral density*
 - Critical during adolescent years



Dairy & Muscle Strength



- Resistance exercise followed by milk stimulates muscle growth
- Milk contains bioactive components, high-quality protein, calcium & vitamin D which modulate body composition
- High-protein dairy milk (post-exercise and pre-sleep) during 6 weeks of resistance training in boys and girls raised muscle mass, strength, and power

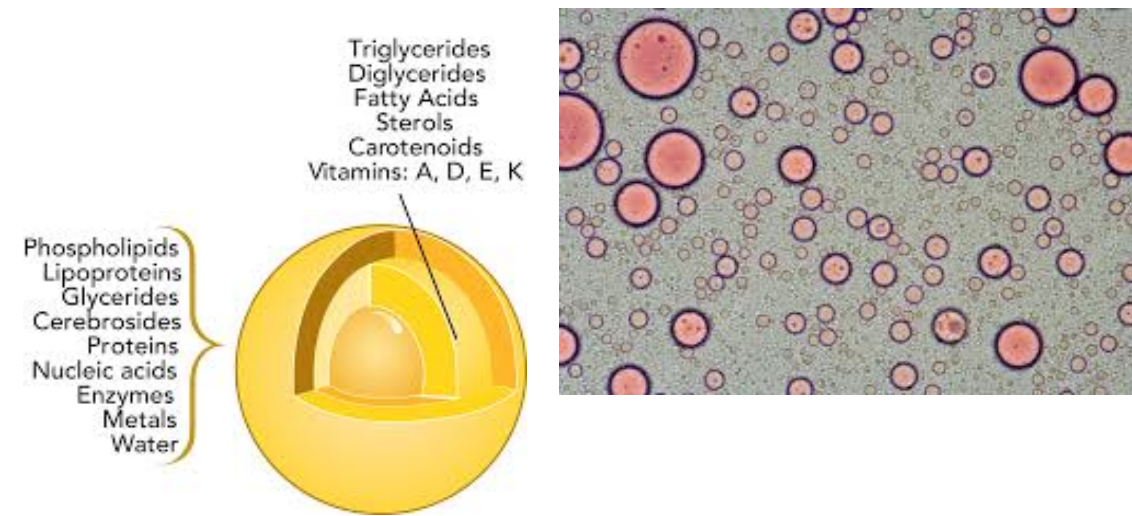
Dairy & Chronic Diseases

American Heart Association: “Poor diet quality is associated with an elevated risk of cardiovascular disease”

Systematic Reviews: Dairy improves body composition, facilitates weight loss when dieting, increases bone strength, and lowers risk of chronic diseases and certain cancers (colorectal, bladder, gastric, breast)



Dairy's Saturated Fats are Unique



- *Dietary Guidelines: limit total fat to less than 30% of energy and saturated fat to less than 10%. Consume low- or no-fat dairy products*
- Recent studies: Risk of saturated fat depends on the source
- Risk for cardiovascular disease is food-specific, a so-called a **“food matrix effect”**
- In dairy, nutrients and bioactive factors combine with a unique fat structure to **lower** hypertension and risk for cardiovascular disease, especially stroke, as well as type 2 diabetes

Non-consumers of Dairy have Lower Diet Quality

Milk and dairy nutrients are critical, *especially during growth*

- Low milk consumption is associated with lower intakes of
 - Calcium, Vitamin D magnesium, iodine, zinc, and potassium
- Non-consumers show a higher risk of
 - Hypertension, cardiovascular disease, Type 2 diabetes
 - High BMI and obesity
 - Osteoporosis and fractures



A background image showing a group of diverse school children sitting at a long table, eating and talking. The image is slightly faded to allow text to be overlaid.

School Meals are Quality Meals

Between SY 2009-10 and SY 2014-15

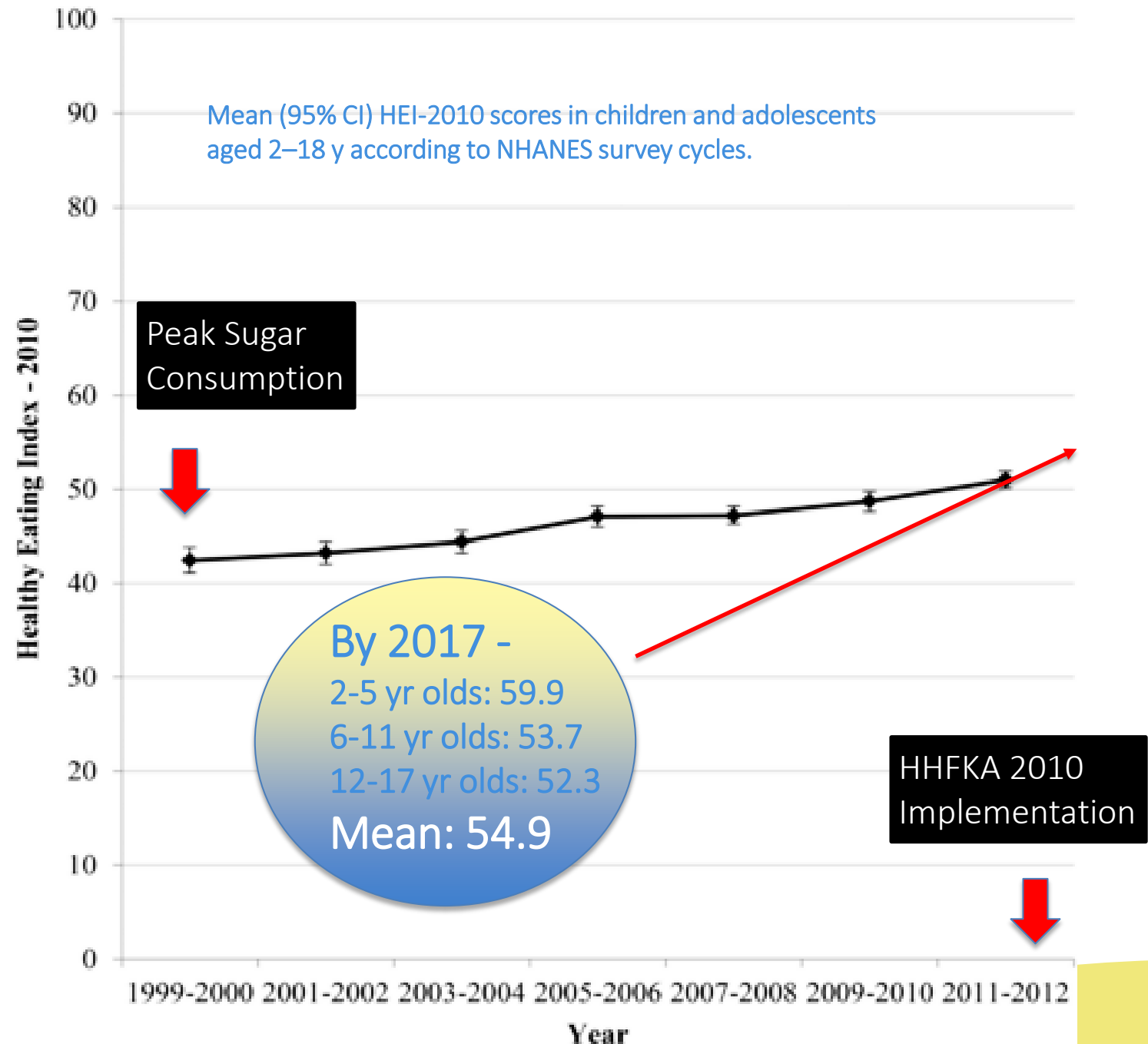
The total HEI-2010 meal scores increased

School Lunches: from 58 to 82 out of 100 ideal

School Breakfasts: from 50 to 71 of 100 ideal

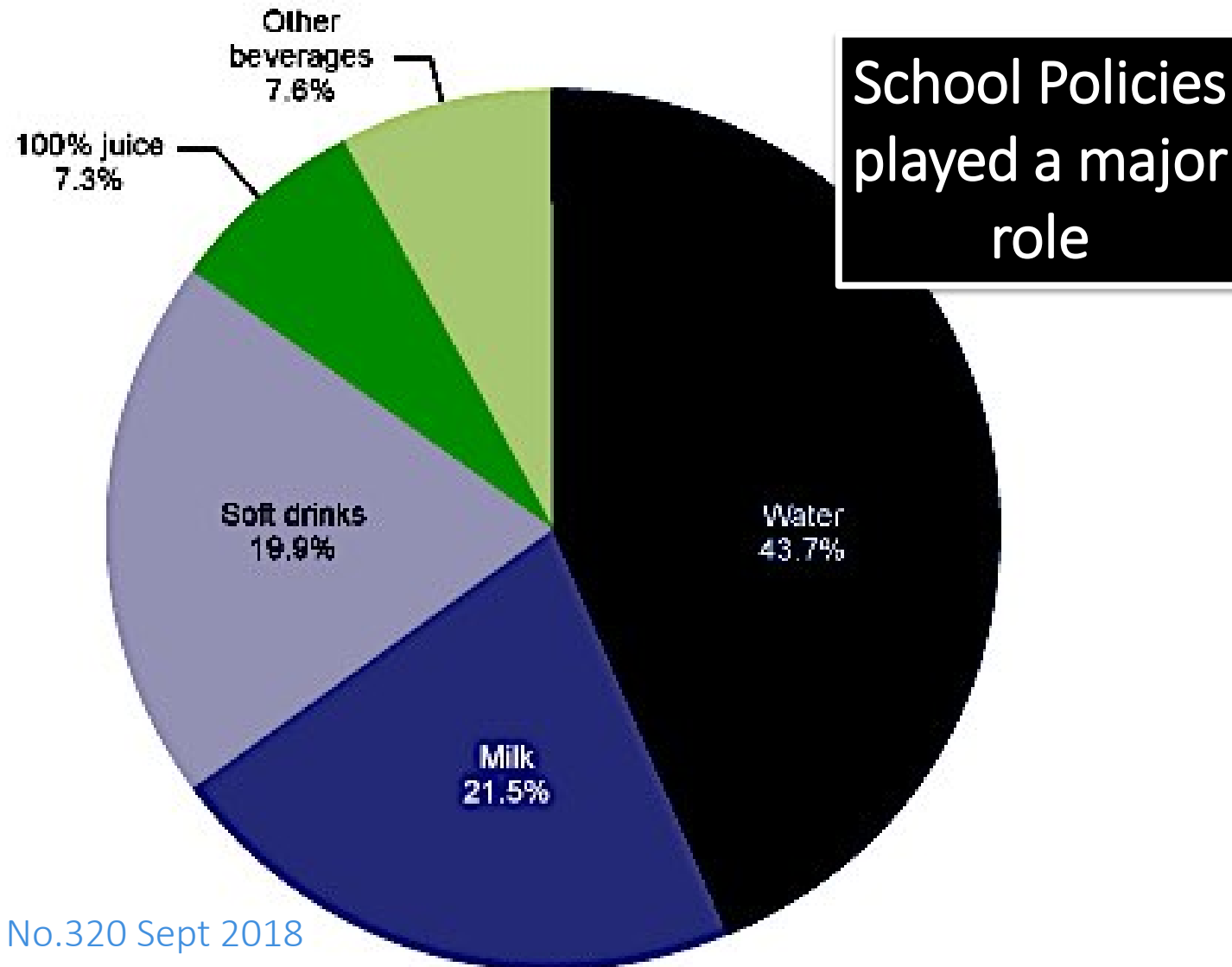


Trends in HEI 1999- 2017



Beverages: 2-19 yr olds, U.S.

NHANES 2013-2016

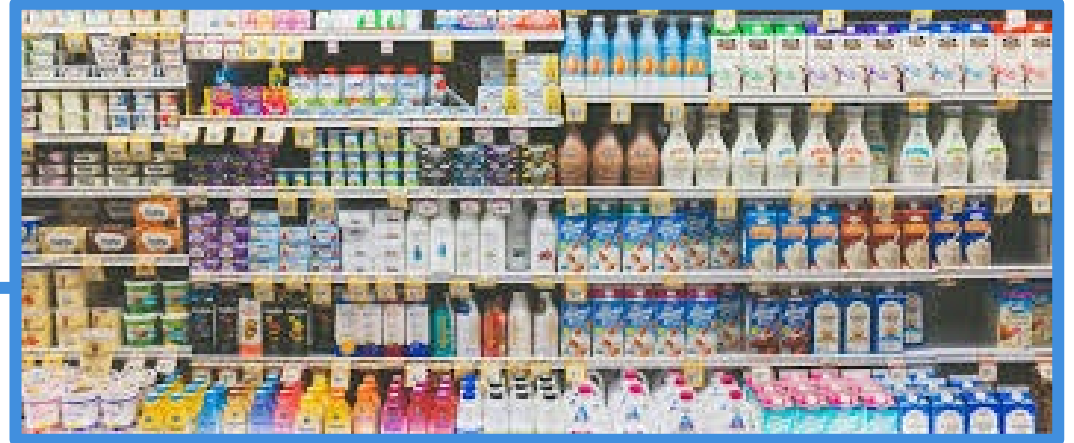


Continue Dairy Despite Lactose Intolerance

- Hodges: multiple public health organizations recommend that all individuals -- **including those who are lactose intolerant** -- consume three servings of dairy per day to ensure adequate nutrient intakes and optimal bone health
- Brown-Riggs: the **National Medical Association and the National Hispanic Medical Association** recommend that those with lactose intolerance consume three to four servings of low-fat dairy every day.



Plant-Based Beverages



- 641 PBB products in 2018 USDA Branded Food Products Database
- Highly processed: Soy, almond, coconut, tree nut, flax/hemp, pea, quinoa, rice, etc.
- Only 5% met new recommended standards; fortification in only 1/2; Vit D and B12 were low
- Protein low: 0-10 g/serving
- Added sugars, salt, fats
- Not a substitute for dairy milk, especially among young, growing children

*The best protein quality
as a substitute
for dairy
for allergic children
is soy and pea*



Diet Quality

HEI-2015

Adequacy:

Total Fruits ²	5
Whole Fruits ³	5
Total Vegetables ⁴	5
Greens and Beans ⁴	5
Whole Grains	10
Dairy ⁵	10
Total Protein Foods ⁴	5
Seafood and Plant Proteins ^{4,6}	5
Fatty Acids ⁷	10

Moderation:

Refined Grains	10
Sodium	10
Added Sugars	10
Saturated Fats	10

Diet quality is central to optimal growth and development

School meals support high diet quality

The 13 nutrients in milk raise the nutritional value of *any* meal

Plant-based beverages *are not* an equivalent substitute for dairy milk

Poll Question: Students drink more milk when flavors are available.

- a) True
- b) False

It's only nutritious if you eat it!

Encouraging students to consume dairy.

Dayle Hayes, MS, RD

School Meal That Rock



Dayle Hayes, MS, RD

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[TIPS for School Meals That Rock](#)
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Blog

[SchoolMealsThatRock.org](#)

Email

EatWellatSchool@gmail.com



Moving Forward

Exhausted, Flexible
and Resilient



**Pooh?
Yeah Piglet?
I'm tired of all this.
I am too Piglet. I am too.**





We've always known we were **essential.
Now, the **world** knows!**

#CPSUnited

*Thanks to Cincinnati Public Schools,
Jessica Shelly and Rachel Irons*





Paty Camarena Lopez is with **Lorena Gonzalez**.

December 17, 2020 · 🌐



It's easily said 900 \ 7 days worth of lunch 7 days of breakfast that's about 6300 =12600 all together 🤔 of each our crew came back with nothing left! Plus we had curbside ready and home delivery and working on dry and frozen for when we come back! ...it's been a crazy 2020 but we got this! Miss our students hopefully we will get back to "normal" soon! Stay safe everyone Merry Christmas from SHS out here in California 😊 GREAT JOB

El Centro CA



**You have
survived every
single thing you
thought you
wouldn't.**

Unknown





Effie Marie Jackson

February 10 at 8:03 PM · 🌐



Unexpected delivery and mass chaos but so happy to have a truckload full of plates and sporks show up this morning! [Denise Pollack](#) — 🥰 feeling fabulous.



Monroe County FL



AT A GLANCE

CHILD NUTRITION PROGRAMS:

Transitional Standards for Milk, Whole Grains, and Sodium Final Rule

This new rule establishes standards for milk, whole grains, and sodium for school years 2022-2023 and 2023-2024 to give schools time to transition in the short term. Meanwhile, USDA is working to develop long-term nutrition standards - based on the newest DGA and extensive input from a wide range of partners - that will work for schools, families, and industry alike. USDA expects to publish a proposed rule on the updated standards in fall 2022.

SUMMARY OF CHANGES



MILK

Schools and child care providers may offer flavored, low-fat milk (1%) in addition to unflavored, low-fat milk and flavored or unflavored nonfat milk¹.



SODIUM

The weekly sodium limit for school lunch and breakfast will remain at the current level, known as Target 1, for school year 2022-2023. For school lunch only, the limit will decrease marginally (10%) in school year 2023-2024 to put schools on an achievable path toward long-term sodium reduction, which will be addressed in future rulemaking.



WHOLE GRAINS

At least 80% of the grains served in school lunch and breakfast per week must be whole grain-rich (containing at least 50% whole grains).



Importance of DAIRY

- Chocolate Milk
- Marketing Dairy



Let's Talk Chocolate Milk





Waltham MA



MACARTHUR KITCHEN CREW





Pennsylvania





Illinois





Nebraska





Texas



Marketing DAIRY

- **Serve great food in schools**
- **Make it fun/interesting/cool**
- **Surprise your customers**
- **Check out your colleagues**





York Schools Nutrition Program

November 11, 2021 · 🌐

Thank you Veterans for your service!

Veterans Day Breakfast and meet and greet was a huge success at the high school



York Schools Nutrition Program

December 3, 2021 · 🌐

Hot cocoa parfait w/ teddy grahams 🍪
At YMS today

[General Mills General Mills for K-12 Schools](#)
[#parfaitpro](#)



York Schools ME





Shaker Regional NH





**Chef Monica, General Mills
K-12 Foodservice**



Offering Smoothies

as Part of Reimbursable School Meals

Grades Kindergarten Through 12 (K-12)



Look Inside For:

- Sample Menus
- Menu Planning Ideas

SMOOTHIE PREPARATION INSTRUCTIONS

BEST PRACTICE TIPS:

- » Immersion blenders are more commonly used because of its efficiency and ability to produce large quantities at a time.
- » Use a round mixing container instead of a square container to prevent ingredients from lodging in the corners. Some find using a container with a spigot useful for portioning into cups.

HELPFUL HINTS:

- » Create smoothies in school colors
- » Build layered smoothies to showcase different colors
- » Celebrate with fun straws

Smoothies can be easily made using the equipment you have in your kitchen. If smoothies are not served immediately, refrigerate at 41 degrees F or below. Smoothies can be made the day before serving, portioned, and held in the fridge overnight. They may also be held in the freezer if they need to be held longer than overnight. Tip: In order to meet the smoothie requirements, we recommend multiplying the amount of each required component by the desired number of servings to get the total amount of the ingredient needed per recipe.

BLENDER METHOD (FOR BATCHES OF 10 SERVINGS OR LESS)



Pull frozen fruit from the freezer.



Combine the fruit/vegetables, yogurt and milk in the blender.



Blend until desired consistency is reached.



Pour evenly into the number of servings your recipe makes.

IMMERSION BLENDER METHOD (FOR BATCHES LARGER THAN 10 SERVINGS)



Pull frozen fruit from the freezer.



Combine the fruit/vegetables, yogurt and milk in a large container



Blend starting at a low speed and gradually increase, until desired consistency is reached



Pour evenly into the number of servings your recipe makes.

Sample School Lunch Menu for Grades 9-12 (Offer Versus Serve)

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday
Milk ¹	Choice of Milk (1 cup)	Choice of Milk (1 cup)	Choice of Milk (1 cup) or 20 fl oz Strawberry, Yogurt, and Milk Smoothie 1 cup Milk	Choice of Milk (1 cup)	Choice of Milk (1 cup)
Grains	Pulled Pork Sandwich 1 Whole-Grain Burger Bun (2 oz eq)	Grilled Chicken Sandwich 2 slices of Whole-Grain Bread (2 oz eq)	Peanut Butter and Jelly Sandwich 2 slices of Whole-Grain Bread (2 oz eq)	Spaghetti and Meat Sauce ² 1 cup Whole-Wheat Spaghetti (2 oz eq)	Bean Burrito 1 Whole-Wheat Tortilla (2 oz eq)
Meats and Meat Alternates	Pulled Pork Sandwich 3 oz Pulled Pork (3 oz eq)	8 fl oz Blueberry and Yogurt Smoothie 1/2 cup Greek Yogurt (1 oz eq) and Grilled Chicken Sandwich 1 1/4 oz Grilled Chicken Strips (1 oz eq)	20 fl oz Strawberry, Yogurt, and Milk Smoothie 1/2 cup Low-Fat Strawberry Yogurt (1 oz eq) and Peanut Butter and Jelly Sandwich 2 tablespoons Peanut (or Softener Seed) Butter (1 oz eq)	Spaghetti and Meat Sauce ² 1 cup Meat Sauce (4 oz eq)	8 fl oz Peach and Yogurt Smoothie 1/2 cup Low-Fat Vanilla Yogurt (1 oz eq) and Bean Burrito 1/4 cup Cheese (1 oz eq)
Fruits	Dried Cranberries (1/4 cup) and/or Melon (1/4 cup)	8 fl oz Blueberry and Yogurt Smoothie 1/2 cup Pitted Blueberries and/or Grapes (1/4 cup)	20 fl oz Strawberry, Yogurt, and Milk Smoothie 1 cup Pitted Strawberries and/or Apple Slices ³ (1/4 cup)	Orange Wedges (1/4 cup) and/or Diced Pears (1/4 cup)	8 fl oz Peach and Yogurt Smoothie 1/2 cup Pitted Peaches and/or Mixed Berries (1/4 cup)
Vegetables	Creamy Coleslaw ⁴ (1/2 cup other vegetable) and/or Baked Sweet Potato Fries	Carrot Sticks (1/2 cup red/orange vegetable) and/or Celery Sticks	Salad with Romaine Lettuce, Cherry Tomatoes, and Cucumbers (1/2 cup dark green, 1/4 cup red/orange vegetable)	Spaghetti and Meat Sauce ² 1 cup Meat Sauce (1/4 cup red/orange vegetable)	Bean Burrito 1/2 cup Black Beans (1/2 cup legumes) and/or Salsa



<https://www.fns.usda.gov/tn/offering-smoothies-part-reimbursable-school-meals>

Marketing DAIRY

- Serve great food in schools
- **Make it fun/interesting/cool**
- Surprise your customers
- Check out your colleagues





Londonderry NH





Lancaster City Schools Food Service Department



February 11 at 9:51 AM · 🌐

Our elementary buildings are starting to offer the new charcuterie bowls. Mount Pleasant & Gorsuch West sent in a picture of what they had to offer. Charcuterie bowls are available to all students as a free lunch option.



Lancaster OH

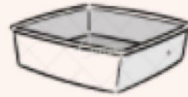




Chicopee MA



CREATING KID-CUTERIE BOXES FOR SCHOOL MEALS



Start with a
Suitable Container

Many take out style containers make great grab & go boxes for Kid-Cuterie Meals in school breakfast & lunch! Find one with a lid or a clamshell container for easy, attractive covering!

Choose 2
Sources of Meat/Cheese



Select 2 sources of meat/meat alternate to credit fully as 2 oz: Choose from: 1 oz of cheese cubes, sliced deli meat crediting at 1 oz (check the food buying guide for amount!), hard boiled egg slices, hummus, sunflower seeds



Choose 2oz of
Grain Products

Choose from whole grain crackers, pretzels, flatbreads, pasta or grain salads, granola, cereal, crediting a 2 grain components

Choose 3/4 c.
Raw Vegetables



Add a variety of brightly colored vegetables! Popular choices include cherry tomatoes, crunchy carrot sticks, celery sticks, snap peas, and multi colored pepper strips

Add 1/2 c.
Fruit



Marketing DAIRY

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Billerica MA





Suzy Sayre

May 6, 2021 · 🌐

Today we tested our ramen soup bowl with the senior pods at one school site. Our Nutrition Coordinator was able to set up the QR code so we could get input. Thanks [Megan Beck](#)! The students get the bowl and then go to a station to add hot water. We also have Sriracha and chopsticks available.



El Monte CA



PLEASE TAKE OUR

Food truck Survey!

The Chicopee Public Schools
Food Service Department is
getting a food truck, and we want
your input before it hits the streets!

Scan this QR Code
Or visit [tinyurl.com/
curbsidecafeteriasurvey](https://tinyurl.com/curbsidecafeteriasurvey)
to take the survey!



Chicopee MA





Register to run the
2022 Boston Marathon®

New England Dairy
Innovation Kit

Resource
Library

Contact

For Farmers



REAL FOOD

REAL NUTRITION

FARM LIFE

DAIRY IN SCHOOLS

WHO WE ARE

BLOG + MEDIA

Hot Chocolate Milk

Help increase milk consumption and attract new customers to your breakfast and lunch programs by serving hot chocolate milk.

Real Milk. Real Chocolate. Real Good.

New England Dairy is excited to share our new resources to help schools add hot chocolate milk to their menus.

Heating chocolate milk and offering it as hot chocolate to older students is a great way to help increase milk consumption and attract new customers to your breakfast and lunch programs. Students will love it.

Listen to what students at Auburn High School in Auburn, MA have to say about [hot chocolate milk](#) as a part of their school meal programs.



Marketing DAIRY

- Serve great food in schools
- Make it fun/interesting/cool
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- **Check out your colleagues**





TIPS for School Meals That Rock

Joined

+ Invite



Susan Bates

February 18 at 7:47 PM · 🌐



We are here to serve every student in our schools. My staff and I do this wholeheartedly everyday. We have conversations with these students. We ask them what we can do to make them happy.

Recently I asked a 5 year old what we should put on the March menu. His response was, "Can we do pasghetti with long noodles?" "We sure can. What kind of vegetables should we have" I asked. "Green beans", he said. In comes a 6 year old to the conversation. "I've always wanted to ... [See more](#)



Uploaded on Thu · PDF



Charcuterie in School Meals.pdf

Uploaded on Wed · PDF



RECIPE Stromboli Ham Turkey &...

Uploaded on Feb 11 · Document


[See all](#)

Recent media




TIPS for School Meals That Rock






TIPS TO SUCCEED: School Meals in Small Rural Districts


[+ Invite](#)






Kid-Cuterie Boxes in school breakfast & lunch! Find one with a lid or a clamshell container for easy, attractive covering!

Choose 2 Sources of Meat/Cheese




Select 2 sources of meat/meat alternate to fully credit as 2 oz. Choose from: 1 oz cheese cubes, sliced deli meat crediting at 1 oz (check the food buying guide for the amount!), hard boiled eggs, hummus, sunflower seeds



Add 2 oz of creditable Grains

Choose from whole grain crackers, pretzels, flatbreads, pasta or grain salads, cereal, granola


Add 3/4 c. Vegetables




Add a variety of brightly colored vegetables! Popular choices include cherry tomatoes, crunchy carrot sticks,

[View insights](#)

386 post reach >







Uploaded on 12/01/2021 · PDF



Enchilada Sauce _Chef Ann Fou...
Uploaded on 11/15/2021 · PDF

[See all](#)

Recent media



TIPS to SUCCEED in Small Rural Districts



Additional Resources

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

10 REASONS TO ENCOURAGE MILK WITH SCHOOL MEALS

- 1** Milk contains 13 essential nutrients that you must get from food.^{1,2,3}
- 2** Milk provides 3 of the 4 nutrients commonly lacking in the American diet.^{4b}
- 3** Most students are not consuming the recommended amount of dairy.^{4c}
- 4** Three* servings of dairy a day helps build healthy bones for life.^{4d}
**2.5 servings/day for ages 4-8 years*
- 5** Dairy is included in all three diets outline in the Dietary Guidelines for Americans. School meals are based on these guidelines.^{4e}
- 6** Dairy can lower risk of chronic diseases including heart disease, type 2 diabetes, and obesity.^{5,6}
- 7** Students drink less milk when flavored options are removed.⁷
- 8** Kids who drink milk, including flavored milk, have better diet quality than kids who don't.^{8,9}
- 9** School-aged milk drinkers have higher nutrient intakes without adverse effects on weight compared to those who don't drink milk.¹⁰
- 10** The American Academy of Pediatrics and the US Dietary Guidelines for Americans support the addition of a small amount of added sugar to nutrient rich foods like milk.^{11,12,4a}



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Questions? & Next Steps

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