

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 **DECORATE YOUR CAFETERIA and PROVIDE PRIZES** to promote and encourage milk consumption.

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

4 Make **LACTOSE-FREE MILK** available in the cooler or on the line. It is approved for use with school meals. No note needed.

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

6 Try serving **HOT CHOCOLATE MILK** with older students.

7 **DECREASE FOOD WASTE** while promoting good nutrition by thinking beyond the carton.

8 Run our **DAIRY: GOOD FOR YOUR BODY** video on your cafeteria video screens. Available in English and Spanish.

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

10 Help your students learn about our **LOCAL DAIRY FARMS** and how milk is produced. Milk is local, fresh, and always in season!



For more information visit NewEnglandDairy.com