

# December



## CELEBRATION MOMENTS

[National Cocoa Day \(12/13\)](#)

## FOOD FOR THOUGHT

Resources for [Flavored Milk](#)

## CLASSROOM CONNECTION

How does your beverage stack up? handout in [English](#) and [Spanish](#).

## FOR YOUR MENU

**DAIRY JOKE:** What do cows read in the morning? The moos-paper!

**FUN FACT:** Cows eat about 100 pounds of feed a day, which is like eating 600 peanut butter and jelly sandwiches!

**RECIPE:** Add variety to hot chocolate milk with flavor extracts or spices. Try mint, orange, cinnamon, nutmeg, or pumpkin pie spice. Promotional resources are available on our [Hot Chocolate Milk page](#).

## FREE STUFF

[Order](#) or download [Dairy Trivia](#), [Facts](#) & [Jokes](#)

## SOCIAL MEDIA POST TEMPLATES

*Your own photos are best. If needed, these images from our [photo gallery](#) are approved for school use. If you use one of our posts, please tag us @NewEnglandDairy so we know this resource is helpful.*

- School Meals 101: All school lunches include protein foods and some breakfasts do too. In addition to lean meats such as chicken or beef, we also offer non-meat alternatives such as yogurt, cheese, beans, and tofu. Protein has many functions including building and repairing muscle. *[Insert image of protein food on menu.]*
- It's #NationalHotCocoaDay. Start your day off right with protein and [12 other nutrients](#) by grabbing a cup of hot chocolate milk with your school breakfast. *[Insert image of hot chocolate milk.]*
- During this last week before our holiday break, we'd like to like to give a shout out to all the folks who don't have time off during the holidays including our local dairy farmers. Dairy farmers work 365 days a year to provide us with great tasting dairy foods like milk, cheese, & yogurt. Learn more about your local dairy farmers. *[Insert link to <https://www.newenglanddairy.com/meet-the-farm-families/>] [Insert image of dairy food or dairy farmer]*

Find ideas for [January](#) by visiting our [School Meals page](#)

