

October



There are many opportunities to celebrate and highlight dairy in October. You can weave dairy into your [National Farm to School Month](#) or [National School Lunch Week \(10/10-10/14\)](#) plans and maximize specific moments like [National Taco Day \(10/4\)](#), [National Farmers Day \(10/12\)](#), and [National Oatmeal Day \(10/29\)](#).



ENGAGING STUDENTS

Curriculum

- [New England Dairy Innovation Kit](#)
- Farm to School [Curriculum](#)
- [Virtual New England Dairy Farm Tours](#) and [Scavenger Hunt Activity](#)

Handouts & Posters

- [Download](#) or [order](#) state-specific Moo IQ posters and fact sheets
- [Download](#) or [order](#) From Cow to You

Social Media

- National Farmers Day:
 - [Sample Post](#): Celebrate #NationalFarmersDay by thanking a local farmer. New England is home to more than 1,000 dairy farms committed to nourishing their local communities and caring for the planet. @NewEnglandDairy explains how dairy farm families work hard 365 days a year to care for their animals, land, water, and air: <https://bit.ly/37Uafze>
- National Oatmeal Day:
 - [Sample Post](#): Today is #NationalOatmealDay! Oatmeal made with real milk is a great way to incorporate protein, whole grain, and fiber into your diet. Customize it with fruit, nuts, and spices to make a delicious and balanced breakfast. We're featuring this overnight oats recipe this month, let us know what you think! <https://bit.ly/3yXWnQB>
- National Taco Day:
 - [Sample Post](#): Today is #NationalTacoDay! Tacos are a quick and easy way to incorporate vegetables, dairy, and protein into a meal or snack. Topping tacos with cheese adds high-quality protein, calcium, and tons of flavor. We're celebrating with these taco stackers at lunch today. <https://bit.ly/2W07gCQ>

FOOD FOR THOUGHT

- [How One Cow](#)
- [Honor the Harvest 2.0](#)
- [What You Need to Know About Milk](#)
- [Dairy Sustainability](#)

PROMOTIONAL IDEAS

- [Dairy Farm to School](#)
- [Dairy Farmer Profiles by State](#)

VIDEOS

- [Interactive 360 Virtual Dairy Farm Tour videos](#)

RECIPES

- [Taco stackers](#) or [Fish Tacos](#)
- [Overnight Oats](#)

FUN STUFF

- Free! Milk Is Local [Bookmarks](#), [Pencils](#), and [Stickers](#)
- How to Make: [Butter](#), [Ice Cream](#), and [Yogurt](#) activity cards
- [Resource Library/ Online Catalog](#)