February

CELEBRATION MOMENTS

National Pizza Day 2/9
National Cheddar Day 2/13
Lactose Intolerance Awareness month
Black History Month

FOOD FOR THOUGHT

The History of James Hemings and Macaroni and Cheese
Four Black Innovators who Helped to Feed America
Understanding Lactose Intolerance
80% of African Americans experience lactose intolerance

CLASSROOM CONNECTION

Hold Your Own School Pizza Challenge
Legacy Quilt Projects- Contributions of Black Americans to American Food Culture

FOR YOUR MENU

DAIRY JOKE: What did the mama cow say to the baby cow? It's pasture bedtime!
FUN FACT: One cup of low fat yogurt has as much protein as two tablespoons of peanut butter and as much calcium as 10 cups of spinach.
RECIPE: Mac and Cheese with Homemade Cheese Sauce

FREE STUFF

I ❤ Cheese Stickers

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: Fruit component: All school breakfast and lunches offer a fruit at mealtime. Create a complete meal by choosing a fruit or vegetable. Check out our menu to see the variety of fruits we offer.

- If you're feeling cheesy, grab a slice of [types of pizza served] for lunch and celebrate #NationalPizzaDay.

- Lactose-free milk is available for those who are lactose intolerant. Our [*menu item*] made with [*low lactose cheese option, yogurt, or lactose-free milk*] is available for [*meal its served*]. Lactose free milk is created from real cow's milk by breaking down lactose, a natural sugar in milk, into simple sugars making it easier for those with lactose intolerance to digest. Some dairy foods are naturally low in lactose. Learn which here.

- Cheddar makes everything better. Cheddar is a variation of hard cheese that is low in lactose. Grab a [menu item with cheddar cheese] for [meal it's served at] to celebrate #NationalCheddarDay

- Black History month, - link to the quilt project above

Find ideas for March by visiting our School Meals page

New England Dairy