

January



Ring in the New Year by celebrating [National Milk Day \(1/11\)](#), [Cheese Lovers Day \(1/20\)](#), and [National Hot Chocolate Day \(1/31\)](#).

FOOD FOR THOUGHT

- What you need to start a [Hot Chocolate Milk Program](#)
- [13 ways milk can help your body](#)

CLASSROOM CONNECTION

- Dairy, Good for Your Body- Video
 - [English version](#)
 - [Spanish version](#)

FREE STUFF

- I ❤️ Milk [Stickers](#)
- Elementary Poster Set in [English](#) and [Spanish](#)

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.

- National Milk Day is celebrated in the United States on January 11th because it marks when milk was first delivered to homes in sterilized glass bottles sealed with wax paper in 1878. Celebrate #NationalMilkDay today and everyday by grabbing a cold milk with your breakfast and lunch.
- School meals 101: One cup of milk is available with every school meal. Students may choose between [*insert options you provide*].
- About a third of the 1.9 billion pounds of milk produced in the US each year goes into making cheese. Help celebrate #NationalCheeseDay by grabbing [*insert cheese-focused menu item*] for [*insert meal its served during*].
- No better way to warm up during winter, than with hot chocolate. Celebrate #NationalHotChocolateDay with a delicious cup of hot chocolate milk. Hot chocolate milk is a fun twist on regular chocolate milk, with the same great benefits.

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

