

# October

Weave milk, cheese, and yogurt into **National Farm to School Month** and **National School Lunch Week** celebrations. Highlight dairy on [National Taco Day \(10/4\)](#) and [National Farmers Day \(10/12\)](#).



## FOOD FOR THOUGHT

- [10 School Milk Facts & Where Our Milk Comes From](#) Webinar
- RECIPES: [Taco Stackers](#) or [Fish Tacos](#)

## CLASSROOM CONNECTION

- Meet our New England dairy farmers: [Profiles by State](#)

## FREE STUFF

- [Milk Is Local Bookmark](#) and [Pencils](#)
- [Discover Dairy Activity Book](#)

## 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.*

- It's #NationalFarmToSchoolMonth and we are thankful for all the farmers that supply us with food to serve to our students. Shout out to the local farms that provide our milk and [Insert other foods]. Learn more about dairy farms in our state at <https://www.newenglanddairy.com/meet-the-farm-families/> [Insert image of food or farmer]
- 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. Learn more about the history of tacos. [Insert link <https://www.spanish.academy/blog/the-origin-and-history-of-mexicos-most-famous-food-the-taco/>] [Insert photo of your tacos]
- It's #NationalSchoolLunchWeek! Schools across the country are part of the biggest restaurant chain in the country, serving up healthy meals and fueling students' brains and bodies since 1946 through the National School Lunch program. [Insert link to your website] [Insert photo of staff member holding a full school lunch tray]
- 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 365 days a year. @NewEnglandDairy explains how dairy farm families care for their animals, land, water, and air at <https://www.newenglanddairy.com/sustainability/> [Insert photo of farmer or cows]

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

