



World School Milk Day Toolkit 2023



Created by Dairy Council of California for the Let's Eat Healthy Initiative

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Celebrate World School Milk Day on September 27!

During Hunger Action Month, we also celebrate the health benefits of school milk and its contributions to nutrition security. Use this toolkit to elevate the World School Milk Day with students and communities.

World School Milk Day Activities

Prior to World School Milk Day, share fun facts about milk with students. Then choose one or more activities below to extend the fun and learning.

Organize a themed milk carton contest.

Select a theme (superheroes, sports, Halloween, etc.) and engage students in a friendly contest. Participants use their imagination to upcycle empty school milk cartons or milk jugs or use the milk carton activities provided. Vote for the most creative, cutest or funniest design.



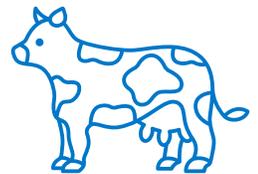
Share why you drink school milk.

Complete the School Milk worksheet with students. Display worksheets in the cafeteria or share on social media.



Take the school milk pledge.

Use the School Milk Pledge Cards to encourage students to drink school milk on September 27.



Bring the farm to your classroom.

Experience the Mobile Dairy Classroom in person or virtually or learn the role cows play in sustainable nutrition by watching an episode of our family-friendly broadcast series: Let's Eat Healthy Together: Farm to You.



Share milk and dairy education with families.

Pass out the Milk + Dairy Foods tip sheets to families. Order your free tip sheets, available in pads of 50 sheets in English or Spanish, at HealthyEating.org/TipSheets.

Show off your celebration.

Share the fun on social media! Use the hashtag [#WSMD2023](https://twitter.com/WSMD2023) and tag [@HealthyEatingCA](https://www.facebook.com/HealthyEatingCA) on Facebook and Instagram to be featured on our social media channels.

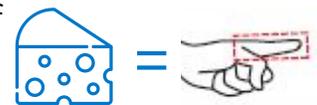
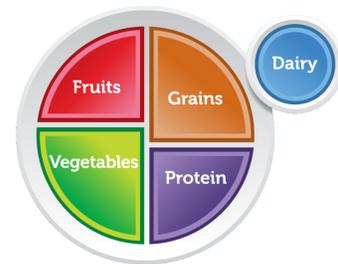


For additional information contact Dairy Council of California Project Manager Renée Farias at rfarias@HealthyEating.org. Learn more about Let's Eat Healthy and join the initiative at HealthyEating.org/Join.

Fun Facts for World School Milk Day

Share the following fun facts with your students.
Then follow up with a World School Milk Day activity.

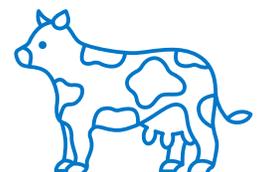
- On World School Milk Day, people recognize the importance of school meals and celebrate the health benefits of school milk.
- As a student in California, you can eat a healthy school breakfast and lunch, which includes milk, for free each school day.
- The first World School Milk Day was held in September 2000. Many countries worldwide continue to celebrate on the last Wednesday in September. This year, the global celebration is Wednesday, September 27, 2023.
- Milk is part of the Dairy food group. Dairy is one of five food groups. The other food groups are Fruits, Vegetables, Grains and Protein.
- Dairy foods, like milk, provide a unique package of nutrients like calcium, vitamin D and protein. Milk fuels learning, gives the body energy to play, helps develop strong bones and teeth and builds and repairs muscle.
- Children ages 2-7 should have two to two and a half servings of dairy foods like milk, yogurt and cheese each day. Children 9 and older should have three servings.
- One serving of milk or yogurt is close to the size of a fist and one serving of cheese is just about the size of your pointer finger.
- It only takes two days for milk to get from the farm to your school or local grocery store.
- Milk is the top agricultural product in California.

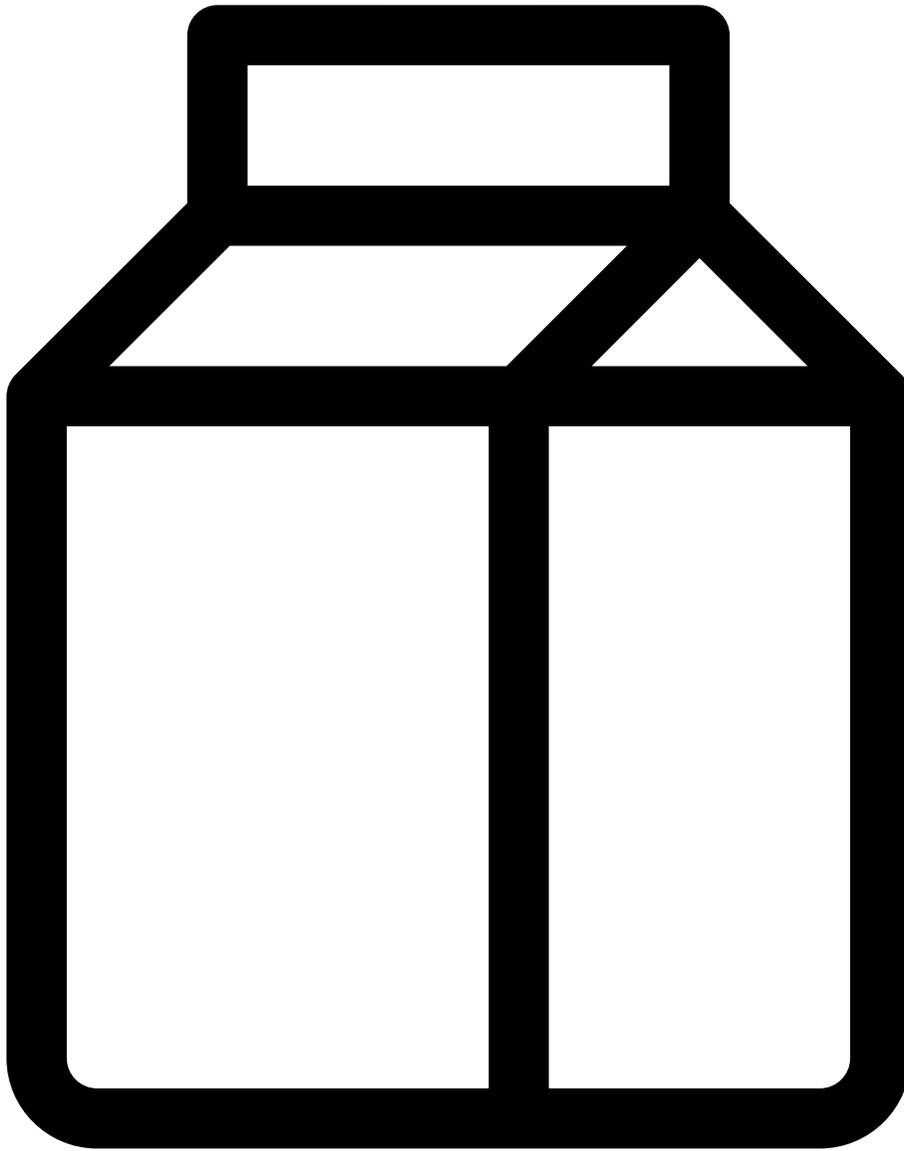


Pointer Finger = 1.5 ounces



One Fist = 1 cup





I drink school milk because

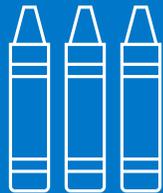
Create Your Own Milk Carton

Celebrate World School Milk Day by creating your unique milk carton!
Share your creations with us on social media by tagging
@HealthyEatingCA on Facebook and Instagram.

Materials Required:



Scissors



Crayons
or markers



Tape or glue stick



Directions to Make Your Own Milk Carton

1. Write your name at the top twice.
2. Get creative! Decorate your carton inside the dotted lined squares.
3. Cut along the solid lines, including the four boxes on the bottom.
4. Fold along the dotted lines.
5. Once assembled, secure with tape or glue.



Milk has important nutrients like calcium, protein, vitamin D, and more. These nutrients and others work together to help your body grow healthfully, develop strong bones, and lean muscle.

Learn more at:
HealthyEating.org/WorldSchoolMilkDay



Name:

Name:



World School Milk Day

September 27, 2023



I pledge to participate in the school meal program on September 27.
I will enjoy drinking milk with my school breakfast or lunch!

Student Name

Learn more at HealthyEating.org/WorldSchoolMilkDay

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