**Dairy Council of California**  
National Dairy Month  
June 2024

*Sample Social Media Posts*

For your convenience, use these sample social posts to promote **National Dairy Month** on your social channels including Facebook, Instagram, LinkedIn and X (formerly Twitter). The downloadable images can accompany these posts, and we encourage you also to post photos from your celebrations! Be sure to tag **@HealthyEatingCA** on Facebook and Instagram, and use the hashtags **#NationalDairyMonth** and **#DairyCouncilofCA**.

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| **Theme** | **Copy** | **Image** |
| National Dairy Month Celebration and Awareness | Join us during #NationalDairyMonth in celebrating the amazing role milk and dairy foods play in nourishing people and supporting healthier communities! Let's raise a glass to dairy’s crucial role in our healthy eating habits! Learn more at: DairyCouncilofCA.org/DairyMonth |  |
| Dairy’s Functional Health Benefits | #DYK dairy foods offer more than just nutrients? They improve gut health, reduce inflammation, and positively impact chronic disease risk, immunity, sleep and brain health. Discover the many benefits of dairy during #NationalDairyMonth at: DairyCouncilofCA.org/DairyMonth |  |
| Dairy’s Role in Nutrition Security | Access to healthy, safe, culturally relevant, and affordable foods is essential for optimal health and well-being. Dairy foods are key to improving nutrition security, providing children, families, and communities with the nutrients they need to thrive. Learn more during #NationalDairyMonth at: DairyCouncilofCA.org/DairyMonth |  |
| Dairy’s Benefits at Key Life Stages | Dairy foods are a nutritional powerhouse through all key life stages! They lay the foundation for good health in pregnancy, support optimal growth for children and teens and enhance quality of life during aging. This #NationalDairyMonth discover how dairy foods benefit you at every age at: DairyCouncilofCA.org/DairyMonth |  |
| Dairy Sustainability | Sustainable nutrition means ensuring wholesome, nutrient-dense foods are accessible, affordable, and culturally relevant while preserving environmental resources and supporting local communities. During #NationalDairyMonth learn how dairy plays a crucial role in this balance. Explore more at: DairyCouncilofCA.org/DairyMonth |  |

**Social Post Citations**

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2. Shanzenbach D, Tomeh N. IPR Rapid Research Report. Northwestern Institute for Policy Research. July 14, 2020. Accessed November 30, 2023. https://www.ipr.northwestern.edu/documents/reports/ipr-rapid-research-reports-app-visualizes-food-insecurity-14-july-2020.pdf
3. Food Research & Action Center. Hunger and health: The impact of poverty, food insecurity, and poor nutrition on health and well-being. December 2017. Accessed November 30, 2023. https://frac.org/wp-content/uploads/hunger-health-impact-poverty-food-insecurity-health-well-being.pdf
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5. The First 1000 Days: Nourishing America’s Future. 1000 Days. 2016. Accessed November 30, 2023. <https://thousanddays.org/wp-content/uploads/1000Days-NourishingAmericasFuture-Report-FINAL-WEBVERSION-SINGLES.pdf>
6. Schwarzenberg SJ, Georgieff MK, Committee on Nutrition. Advocacy for improving nutrition in the first 1000 days to support childhood development and adult health. Pediatrics. 2018;141(2):e20173716. DOI:10.1542/peds.2017-3716
7. Robertson RC, Manges AR, Finlay BB, Prendergast AJ. The human microbiome and child growth: first 1000 days and beyond. Trends in Microbiol . 2019;27(2):131-147. DOI:10.1016/j.tim.2018.09.008
8. Lott M, Callahan E, Welker Duffy E, Story M, Daniels S. Consensus statement. Healthy beverage consumption in early childhood: recommendations from key national health and nutrition organizations. Healthy Eating Research. Published September 2019. Accessed November 30, 2023. <https://healthyeatingresearch.org/research/consensus-statement-healthy-beverage-consumption-in-early-childhood-recommendations-from-key-national-health-and-nutrition-organizations>