

Celebrate June is Dairy Month!

National Dairy Month was established in 1937 as "National Milk Month." Today we appreciate the wide variety of milk and dairy foods that contribute to healthy, sustainable and delicious eating patterns. Celebrate with one or more activities below. Visit [HealthyEating.org/Dairy](https://www.healthyeating.org/dairy) for additional resources.



Cheer for milk!

National Dairy Month kicks off with World Milk Day on [Thursday, June 1, 2023](#), to recognize milk's contribution to healthy eating patterns as well as the dairy community. Raise a cold glass of nutritious milk with students or your community. Share a photo or video of your cheer on social media with the hashtag [#JunelsDairyMonth](#).



Taste new dairy foods.

Experiment with unfamiliar or cultural dairy-based foods such as kefir, a fermented milk drink; mango lassi, a traditional Indian drink or Mexican cheeses such as Queso Oaxaca and cotija. Find more ideas by watching Ask A Nutritionist: Dairy Foods Around the World or using our Taste and Teach activities.



Learn about dairy's role in sustainable nutrition.

Farm to Summer Week in California is [June 19-23, 2023](#), dedicated to celebrating local foods, including milk and dairy foods. Learn how milk goes from the farm to you and 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 your community.

Dairy foods like milk, cheese and yogurt are essential to healthy eating patterns. Share the benefits of milk and dairy foods and meal ideas with the Milk + Dairy Foods tip sheet. Order your free tip sheets, available in pads of 50 sheets in English or Spanish, at [HealthyEating.org/TipSheets](https://www.healthyeating.org/TipSheets).



Show off your celebration.

Share the fun on social media! Use the hashtag [#JunelsDairyMonth](#) and tag [@HealthyEatingCA](#) on Facebook and Instagram for a chance 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](https://www.healthyeating.org/Join).