



# National Milk Day Activation Guide 2023

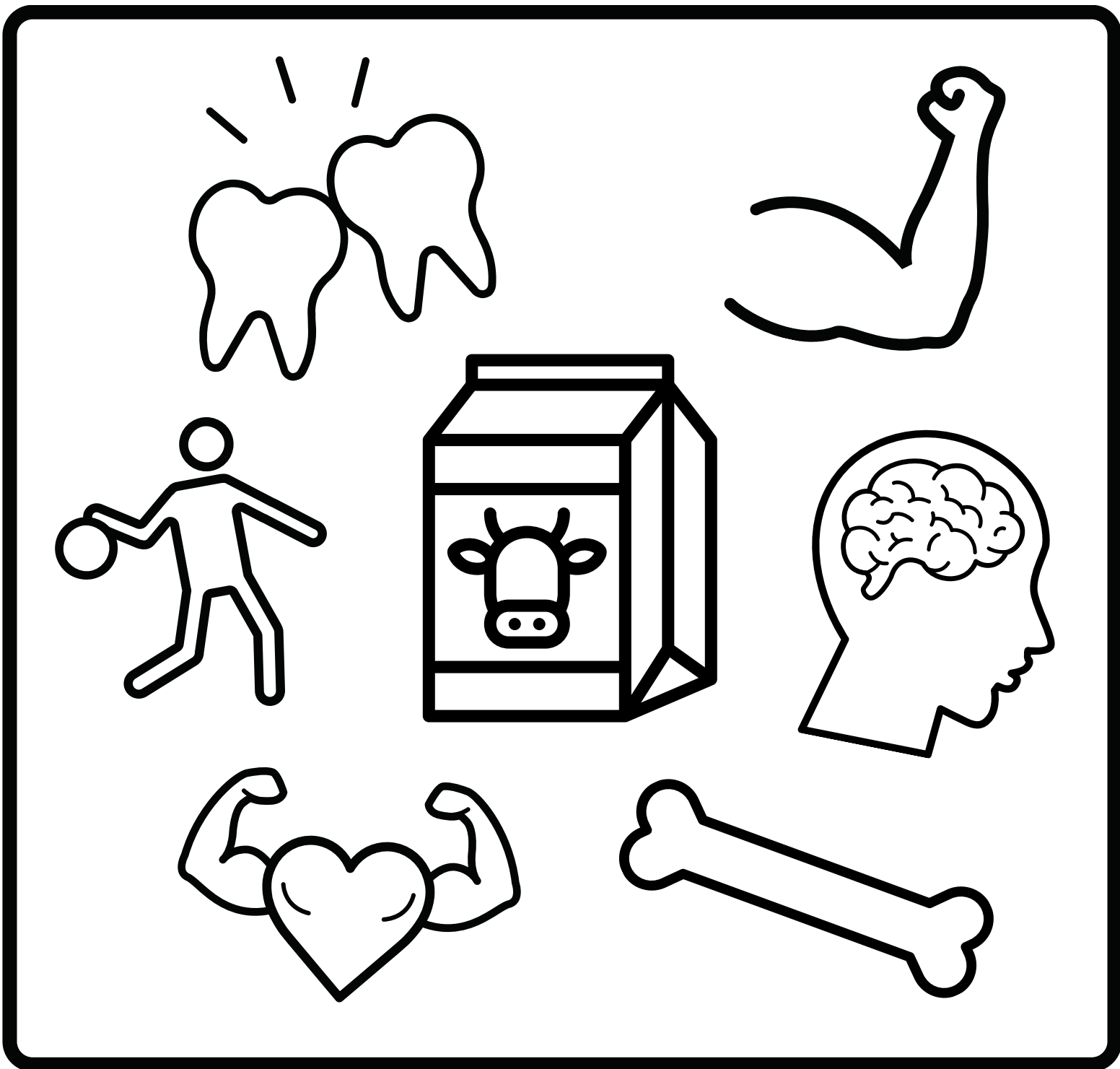
**Let's Eat Healthy** 

  
**Dairy Council of California**<sup>®</sup>

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

# Table of Contents

<b>National Milk Day Activities</b>	<b>1</b>
<b>Fun Facts</b>	<b>2</b>
<b>Milk Worksheet</b>	<b>3</b>
<b>Pledge Cards</b>	<b>4</b>



I drink milk because

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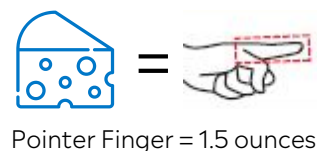
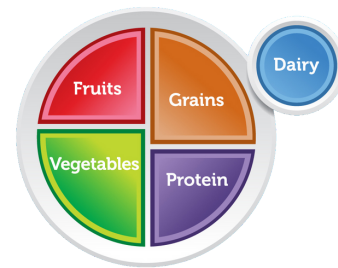
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# Fun Facts for National Milk Day

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

- On National Milk Day, the United States recognizes the first time milk was delivered to homes in glass bottles way back in 1878!
- Milk deliveries to homes made it safer and easier for families to drink milk, which provides many health benefits.
- 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.
- 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.
- As a student in California, you can eat a healthy school breakfast and lunch, which includes milk, for free each school day.
- 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.



# Celebrate National Milk Day on January 11

Every year on January 11, the United States recognizes the first day milk was delivered to homes inside sterilized glass bottles. This was a turning point that made milk, an important source of nutrition, more accessible than ever! Celebrate National Milk Day with this activation guide.

## National Milk Day Activities

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

### Share why you drink milk.

Complete the milk worksheet with students. Display worksheets in the cafeteria, facilitate a coloring contest or share on social media.



### Take the school milk pledge.

Use the School Milk Pledge Cards to encourage students to drink school milk on January 11 and every school day.



### Cheer for milk!

Reach out to the school nutrition services department to coordinate “cheers to milk” with students and staff in the school cafeteria. Take pictures or record a video to share on social media.



### Bring the farm to your classroom.

Experience the Mobile Dairy Classroom in person or virtually and boost ag literacy with the dairy-centric extension activities.

### 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 #NationalMilkDay 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.

# National Milk Day

January 11, 2023



I pledge to participate in the school meal program on January 11.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/Milk](https://HealthyEating.org/Milk)

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