



No Time To Train

JANUARY WORKSHOP

Make Milk #1 |

WARM-UP CHALLENGE

▶ **Question A:**

Why is milk a better choice than soda, juice, or even water for kids' school lunch?



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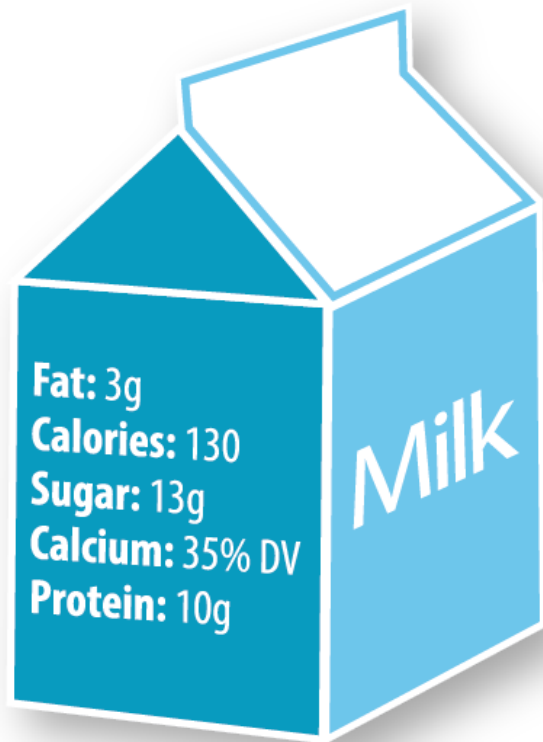
▶ **Question B:**

Why is white milk preferable to flavored milk?



Photo by Thinkstock

LET'S COMPARE



2% WHITE MILK



NONFAT CHOCOLATE MILK



LET'S IMPLEMENT!

- ▶ White milk in front of coolers, easily seen and reached
- ▶ 50% of milk is white milk
- ▶ Coolers clean and organized
- ▶ Signs and decorations



Photo courtesy of intersectionsouthla.org

For more ideas and free downloadable materials for your lunchroom, visit SmarterLunchrooms.org.

