

Just the Facts!

Use Low-fat Milk, Cheese, and Yogurt for Healthier School Meals

KEY ISSUES:

- The vast majority of children do not get the recommended amount of calcium (for 9-13 year olds, only 5 percent of girls and 25 percent of boys get the calcium they need).
- Calcium is critical for bone health, especially for growing children.
- Fat-free (skim) flavored, fat-free unflavored, and low-fat (1%) unflavored milk provide calcium and other nutrients without a lot of saturated fat.
- Kids who eat school lunch drink more milk than those who don't. So, school lunch can make a real difference in children's lives.
- The school meal patterns require schools to offer 1 cup (8 ounces) of milk at both breakfast and lunch every day. Schools must offer at least two choices from among fat-free flavored, fat-free unflavored, or low-fat unflavored milks.

Mom always said, "Drink your milk." Mom was right again! People who drink milk have better diets and get many important nutrients including calcium, which is abundant in milk, cheese, and yogurt.

Easy ways to follow the 2010 Dietary Guidelines for Americans

Recipe for Success

- **Serve only fat-free (skim) and low-fat (1%) milk.** This meets the school meal requirement to offer a variety of milk. Don't forget -- flavored milk must be fat-free.
- **Consider offering milk in snazzy packaging.** Kids drink more milk when it's offered in "cool" packages, like milk "chugs."
- **Keep it COLD!** Ask your local Dairy Council about purchasing low-cost or no-cost milk coolers with promotional messages.
- **Use fat-free or low-fat milk,** cheese, and yogurt when cooking and baking.
- **Add milk to your vending machines,** if possible.
- **Serve fat-free or low-fat yogurt dips** with raw vegetables cut into sticks or dip-sized pieces. Kids love dips!
- **Have a milk taste test contest** by allowing students to vote for their favorite new milk flavor.
- **Create your own Milk Mustache event!** Take pictures of students drinking milk and post them on the lunch line or a cafeteria bulletin board. For more fun, include teachers.
- **Offer fat-free or low-fat lactose-free milk** or other approved fluid milk substitutes for children who cannot consume cow's milk. Fluid milk substitutes offered must provide the same key nutrients found in fat-free or low-fat cow's milk.



USDA Foods Program

Get the calcium with less fat and sodium! Schools can order cheeses with lower fat and lower sodium content through the USDA Foods Program. Use the cheddar or mozzarella cheese as a garnish for vegetables or in salads. To check the list of available USDA Foods, go to the USDA Foods Toolkit at <http://www.fns.usda.gov/fdd/foods/healthy/Professional.htm>.

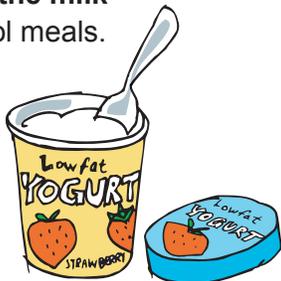
Messages for Students

- **Every cell in your body needs calcium.** Your bones store calcium for your blood and cells. If your body doesn't get enough calcium from milk and other milk products, it takes it from your bones. And that can make your bones weak, leading to osteoporosis, a disease where bones become fragile and break easily.
- **From the day you're born, calcium builds and strengthens your bones.** They are at their strongest ever when you're in your 20s. To make sure your bones stay strong when you're 30, 40, or even 80, you need to start getting enough calcium TODAY!

Did You Know?

- **Cold milk tastes better and is safer** for students to drink. Milk and other dairy foods should be stored in a refrigerator below 40 °F.
- **To be food safe, avoid raw (unpasteurized) milk** or any products made from unpasteurized milk.
- **Schools should serve only fat-free (skim) and low-fat (1%) milk.** Flavored milk must be fat-free.

- * Keep in mind that yogurt and cheese **do not count toward the milk requirement** for school meals.



For More Information:

Team Nutrition (<http://teamnutrition.usda.gov>)
USDA Choose MyPlate (www.ChooseMyPlate.gov)
MyPlate (<http://teamnutrition.usda.gov/myplate.html>)
Let's Eat for the Health of It (<http://teamnutrition.usda.gov/Resources/letseat.html>)
Fuel Up to Play 60 (<http://teamnutrition.usda.gov/HealthierUS/futp60.htm>)
Changing the Scene – Improving the School Nutrition Environment (<http://teamnutrition.usda.gov/Resources/changing.html>)
USDA Recipes for Schools (http://teamnutrition.usda.gov/Resources/usda_recipes.html)
USDA Recipe Finder (<http://healthymeals.nal.usda.gov/schoolmeals/Recipes/recipefinder.php>)

