

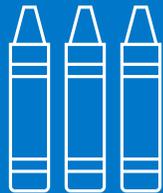
# Create Your Own Milk Carton

Celebrate World School Milk Day by creating your unique milk carton!  
Share your creations with us on social media by tagging  
@HealthyEatingCA on Facebook and Instagram.

## Materials Required:



Scissors



Crayons  
or markers



Tape or glue stick



## Directions to Make Your Own Milk Carton

1. Write your name at the top twice.
2. Get creative! Decorate your carton inside the dotted lined squares.
3. Cut along the solid lines, including the four boxes on the bottom.
4. Fold along the dotted lines.
5. Once assembled, secure with tape or glue.



Milk has important nutrients like calcium, protein, vitamin D, and more. These nutrients and others work together to help your body grow healthfully, develop strong bones, and lean muscle.

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



Name:

Name:

