

# 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://HealthyEating.org/Dairy) for additional resources.



## Learn the value of dairy foods from a pro athlete.

NFL veteran Guy McIntyre shares how dairy foods have helped him, and can help you too, stay at the top of your game on and off the field for a lifetime: Watch: [Dairy, It's a Win On and Off the Field!](#)

## 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.

## Explore 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://HealthyEating.org/TipSheets).

## Show off your celebration.

Share the fun on social media! Post a photo or video of your National Dairy Month celebration or your favorite healthy recipe using dairy foods. 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](mailto:rfarias@HealthyEating.org). Learn more about Let's Eat Healthy and join the initiative at [HealthyEating.org/Join](https://HealthyEating.org/Join).