

June is Dairy Month Toolkit 2025



Dairy Around the World

DAIRY COUNCIL
OF CALIFORNIA

DairyCouncilofCA.org/JIDM

Table of Contents

About June is Dairy Month	<u>1</u>
Key Messages	<u>2</u>
Social Media	<u>3-4</u>
Newsletters, Blogs, Announcements, etc.	<u>5</u>
Activities	<u>6</u>
Coloring Sheet & Educational Guide	<u>7-8</u>

Learn more at:
DairyCouncilofCA.org/JIDM

About June is Dairy Month

June is Dairy Month is an annual celebration recognizing the important role dairy foods play in health, culture and community. From paneer in India to queso Oaxaca in Mexico, dairy is a part of traditional diets around the world. Dairy foods such as milk, yogurt and cheese provide important nutrients like calcium, protein, and vitamin D—supporting strong bones, gut health and overall well-being.

This year, Dairy Council of California invites communities to celebrate with engaging activities and culturally inclusive resources. Explore dairy around the world in the **June is Dairy Month Toolkit**.

Together, let's celebrate how dairy nourishes people and connects cultures!



JUNE IS DAIRY MONTH FUN FACTS

- June is Dairy Month began in 1937 to help promote milk during the summer.
- Fermented dairy foods, like yogurt and kefir, have been enjoyed for centuries, offering probiotics that support gut health.
- Dairy foods like milk, yogurt and cheese provide high-quality protein that helps build and maintain muscles, supporting strength and energy at every stage of life.

Key Messages

Dairy does more than fuel your body, it can support bone, brain, gut, sleep and immune health at every stage of life.



Fermented dairy foods like yogurt and kefir provide good bacteria that support digestion and gut health.



Dairy is a global staple, from creamy skyr in Iceland to tangy lassi in India. These unique flavors and health benefits are enjoyed worldwide.



Social Media

Social Media

Social Media Templates: share the fun and awareness of June is Dairy Month on social media!

- Use the hashtags #JIDM2025 and #JuneIsDairyMonth in your social media posts to reach a wider audience.
- Tag Dairy Council of California @DairyCouncilofCA on Instagram and Facebook and Dairy Council of California on LinkedIn so we can re-share your content on our social media channels

Connect with us!



Facebook
[@DairyCouncilofCA](#)



YouTube
[@DairyCouncilofCA](#)



Instagram
[@DairyCouncilofCA](#)



LinkedIn
[@DairyCouncilofCalifornia](#)

Social Media

Sample Social Media Captions

Post 1: Fermented Dairy and Gut Health

Caption: Celebrate June is Dairy Month with fermented favorites! Around the world, foods like yogurt, kefir and skyr are more than tasty, they're packed with probiotics that support gut health and digestion.

Have you tried fermented dairy? Let us know below! Learn more at: DairyCouncilofCA.org/JIDM

#JuneIsDairyMonth #JIDM25 #FermentedDairy
#DairyAroundTheWorld

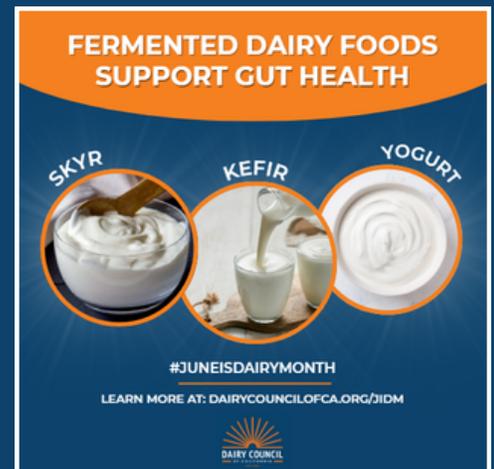


Post 2: Whole-Body Benefits of Dairy Foods

Caption: Around the world, dairy brings people together. From tangy lassi in India to creamy queso Oaxaca in Mexico, dairy is loved across cultures for its flavor and benefits. This June, celebrate how dairy can support every life stage. It's more than just tasty, it can support your brain, digestion, immunity and even sleep!

What's your favorite dairy food from your culture or another part of the world? Comment below! Learn more at: DairyCouncilofCA.org/JIDM

#JuneIsDairyMonth #JIDM25
#DairyAroundTheWorld



[Click to download social media graphics](#) 

Newsletters, Blogs, Announcements & more!

During June which is National Dairy Month, celebrate the role of dairy in cultures and communities around the world. From cultural foods, like tangy lassi and creamy queso Oaxaca, to everyday staples like milk, yogurt and cheese, dairy connects people across the globe. More than just delicious, dairy foods provide important nutrients that can support brain health, digestion, immunity and sleep at every stage of life.

National Dairy Month is a great opportunity to explore global dairy traditions, highlight health benefits and celebrate how dairy nourishes people and communities. This year, we're celebrating by [INSERT ACTIVITY OR EVENT].

Learn more at: DairyCouncilofCA.org/JIDM



Celebrate June is Dairy Month!

Engage children, families and your community by exploring the health benefits and global traditions of dairy foods.

Explore Dairy Around the World

Discover dairy foods from different cultures using the [Dairy Around the World Activity Sheet](#). Match each food to its country of origin and maybe find a new favorite!

Taste Something New

Try a dairy food you haven't had before like skyr from Iceland or paneer from India. Or add a twist to a familiar recipe by including a dairy ingredient, like milk, cheese or yogurt.

Get Creative with Coloring

Bring learning to life with the Dairy Around the World coloring sheet! This fun, hands-on activity is perfect for summer events and encourages kids to explore global dairy traditions while expressing their creativity.

Discover the Science Behind Dairy

Go deeper by exploring the [functional health benefits of dairy](#). Dive into the [2025 Food and Nutrition Trends](#) to learn how dairy fits into healthy eating patterns at every stage of life.

Get Involved

Share how you're celebrating June is Dairy Month! Tag @DairyCouncilofCA on Instagram and Facebook and Dairy Council of California on LinkedIn to spread the word and inspire others.

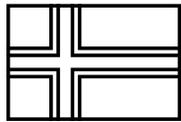


Explore more resources to engage your community at:
DairyCouncilofCA.org/JIDM

Dairy Around the World



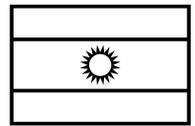
SKYR



Iceland



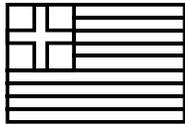
**DULCE DE
LECHE**



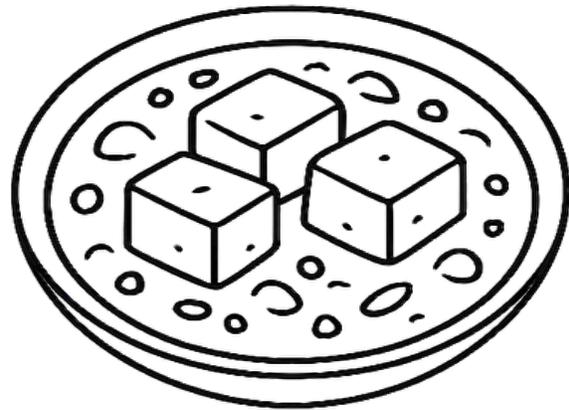
Argentina



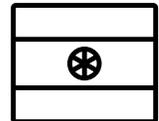
FETA



Greece



PANEER



India

What dairy food would you like to try?

Dairy Around the World: Let's Learn While We Color!

Use this guide alongside the Dairy Around the World coloring page to introduce students to cultural dairy foods.

- Read the fun facts aloud or in small groups.
- Encourage students to share a favorite dairy food they enjoy at home or have tried before, especially one connected to their family, culture or community.
- After learning about each dairy food, ask students to write in a dairy food they would like to try at the bottom of the worksheet.
- Use as a quick cultural food exploration at summer events or activities.

People all over the world enjoy delicious dairy foods. Here are a few you'll see on your coloring sheet. Have fun learning where they come from and why they're so special!

Paneer



- Paneer is a soft cheese that doesn't melt when it's cooked. That means it's great in warm dishes like curry! Often eaten with rice, bread or veggies.
- **Country of Origin:** India
- **Nutrition Connection:** Paneer is full of protein, which helps build strong muscles.

Skyr

- Skyr looks like yogurt, but it's thicker and not too tart. People in Iceland have eaten skyr for over 1,000 years!
- **Country of Origin:** Iceland
- **Nutrition Connection:** Skyr is packed with protein and helps keep you full and energized.



Feta

- Feta is a crumbly white cheese with a salty flavor. It's often sprinkled on salads or eaten with olives and bread.
- **Country of Origin:** Greece
- **Nutrition Connection:** Feta has calcium to help keep bones strong.



Dulce de Leche

- Dulce de leche is a sweet, creamy treat, often used as a topping for toast, fruit, or desserts. A similar dessert is called "cajeta" in Mexico.
- **Country of Origin:** Argentina/Mexico
- **Nutrition Connection:** Dulce de leche is made by slowly cooking milk and sugar together for two to three hours.

