



National Milk Day Toolkit 2024



Created by Dairy Council of California for the Let's Eat Healthy Initiative

Table of Contents

National Milk Day Activities	1
Fun Facts	2
Milk Worksheet	3
Create Your Own Milk Carton	4-5

Learn more at: HealthyEating.org/NationalMilkDay

Celebrate National Milk Day on January 11!

Each January 11, the United States recognizes the first milk delivery to homes in sterilized glass bottles. This marked a turning point, elevating the accessibility of milk, an important source of nutrition. Join the celebration using this toolkit.

National Milk Day Activities

Explore Dairy!

Take children on a fun food adventure with [Let's Eat Healthy Together: Explore Dairy](#). Build value for milk and dairy foods through videos, taste tests and activities.



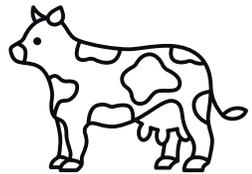
Share why you drink milk.

Complete the Milk Worksheet with children. Display worksheet in the kitchen as a reminder to drink or share on social media.



Take the milk pledge.

Use the Milk Pledge Cards to encourage children and families to drink milk on January 11 and every day.



Bring the farm to your home or classroom.

Experience the [Mobile Dairy Classroom](#) in person or virtually or learn 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](#).



Show off your celebration.

Share the fun and awareness of National Milk Day on social media! Post our National Milk Day social media image or photos from your celebration. Use the hashtag [#NationalMilkDay](#) and tag [@HealthyEatingCA](#) on [Facebook](#) and [Instagram](#) to be featured on our social media channels.



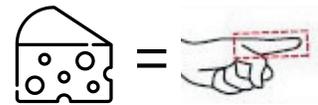
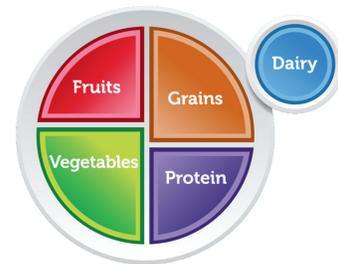
For additional information contact Dairy Council of California Project Manager Renée Farias at rfarias@HealthyEating.org. Learn more about Let's Eat Healthy and join the initiative at:

HealthyEating.org/Join

Fun Facts for National Milk Day

Share the following fun facts and follow up with a National Milk Day activity to extend the fun and learning.

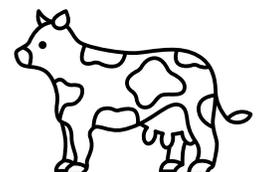
- On National Milk Day, the United States recognizes the first time milk was delivered to homes in glass bottles way back in 1878!
- Milk deliveries to homes made it safer and easier for families to drink milk, which provides many health benefits.
- Dairy foods, like milk, provide a unique package of nutrients like calcium, vitamin D and protein. Milk fuels learning, gives the body energy to play, helps develop strong bones and teeth and builds and repairs muscle.
- Milk is part of the Dairy food group. Dairy is one of five food groups. The other food groups are Fruits, Vegetables, Grains and Protein.
- Students in California can eat a healthy school breakfast and lunch, which includes milk, for free each school day.
- Children ages 2-8 should have two to two and a half servings of dairy foods like milk, yogurt and cheese each day. Individuals ages 9 and older should have three servings.
- One serving of milk or yogurt is close to the size of a fist and one serving of cheese is just about the size of your pointer finger.
- It only takes two days for milk to get from the farm to your school or local grocery store.
- Milk is the top agricultural product in California.

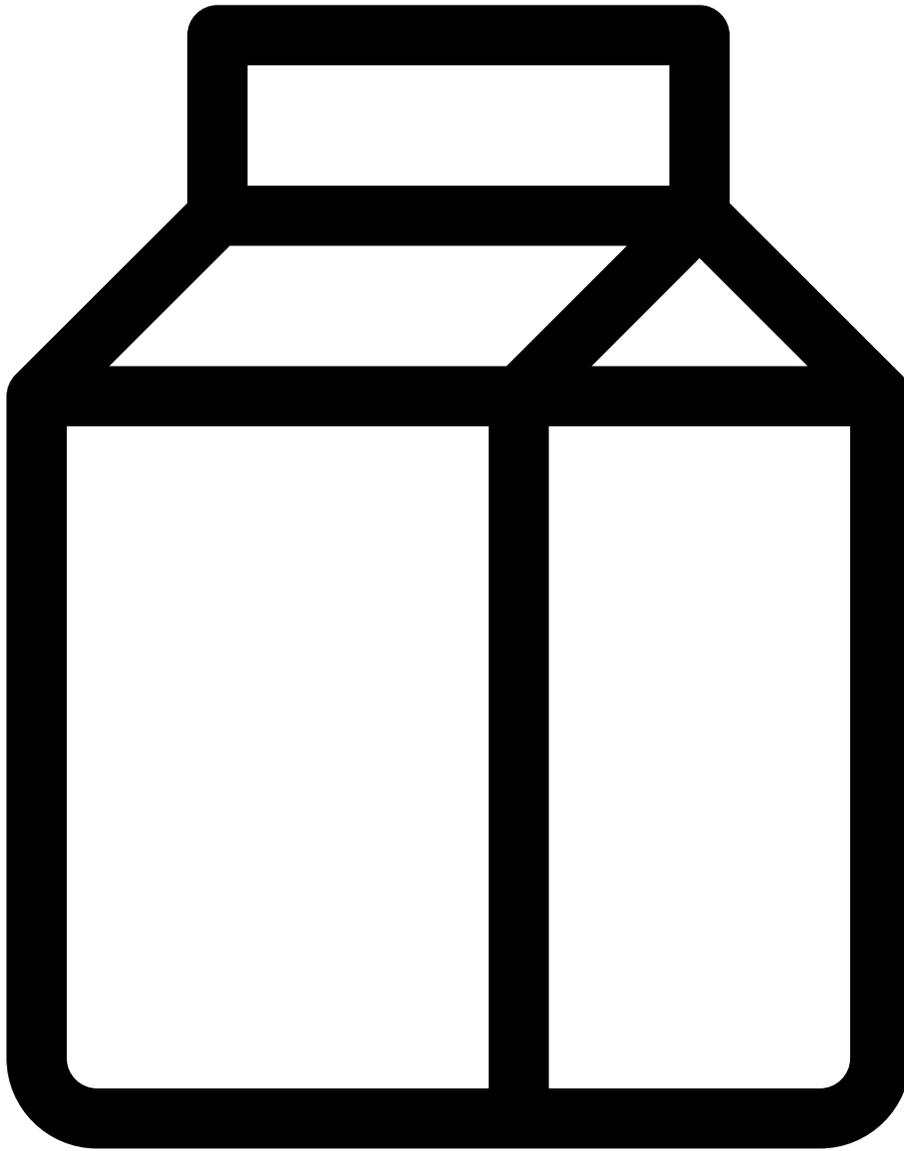


Pointer Finger = 1.5 ounces



One Fist = 1 cup





I drink milk because

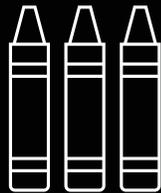
Create Your Own Milk Carton

Celebrate National 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

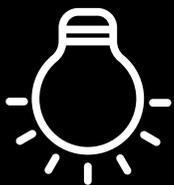


Tape or glue stick



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



Name:

Name:

