

2026



# JUNE IS DAIRY MONTH TOOLKIT



[DAIRYCOUNCILOFCA.ORG/JIDM](http://DAIRYCOUNCILOFCA.ORG/JIDM)



# TABLE OF CONTENTS

<b>About June is Dairy Month</b>	<b><u>1</u></b>
<b>Key Messages</b>	<b><u>2</u></b>
<b>Summer Meals</b>	<b><u>3</u></b>
<b>Social Media</b>	<b><u>4-5</u></b>
<b>Coloring Sheet</b>	<b><u>6</u></b>

Learn more at: [DairyCouncilofCA.org/JIDM](https://DairyCouncilofCA.org/JIDM)



# ABOUT JUNE IS DAIRY MONTH

National Dairy Month is an annual opportunity to recognize the role dairy plays in supporting the health of people and communities. From milk, yogurt and cheese to foods enjoyed across cultures, dairy connects nutrition, agriculture and everyday life.

Through its **June is Dairy Month campaign**, Dairy Council of California is highlighting how dairy supports **community access, science-based nutrition and local impact**. As summer begins, this includes raising awareness of programs that help ensure children and families continue to have access to nutritious foods while school is out.

Through partnerships across schools, health professionals and the dairy community, this campaign brings attention to how dairy contributes to healthy eating patterns and supports communities across California.

Together, let's explore how dairy helps nourish people, strengthen communities and connect farm to table.



# KEY MESSAGES



## ACCESS + NUTRITION

Dairy provides accessible, nutrient-rich nutrition that supports healthy eating patterns. During National Dairy Month, we highlight the role milk and dairy foods play in helping support access to nutritious meals for children and families—especially during the summer months.



## SCIENCE + DAIRY MATRIX

Dairy foods offer a unique combination of nutrients that work together to support health—including bone, muscle and overall wellness. This “whole food” approach reflects how nutrients function together, not in isolation.



## COMMUNITY + SYSTEMS IMPACT

Dairy connects farms to communities. Through partnerships with schools, health professionals and local organizations, dairy helps support community health, strengthen food systems and contribute to local economies.



# SUPPORTING ACCESS TO SUMMER MEALS

When school is out, access to nutritious meals remains essential. During National Dairy Month, we highlight the importance of summer meal programs in helping ensure children and families can continue to receive balanced meals in their communities.

Milk is often a key part of these meals, providing important nutrients that support growth and development.

You can help by:

- Sharing information about local meal sites
- Encouraging participation in community programs
- Raising awareness that meals are available throughout the summer

Together, we can help ensure families know where and how to access nutritious foods when school is out.



Learn more at: [DairyCouncilofCA.org/JIDM](https://DairyCouncilofCA.org/JIDM)

# SOCIAL MEDIA

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

- Use the hashtags #JIDM2026 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!



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[@DairyCouncilofCA](#)



YouTube  
[@DairyCouncilofCA](#)



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# SOCIAL MEDIA

## Sample Social Media Captions

### Post 1: Community Access + Summer Meals

When school is out, access to nutritious meals remains essential. During National Dairy Month, we're highlighting how summer meal programs help ensure children and families can continue to receive balanced meals—including milk and dairy foods that support healthy growth.

Help spread the word so families know meals are available all summer long.

Learn more at: [DairyCouncilofCA.org/JIDM](http://DairyCouncilofCA.org/JIDM)  
#NationalDairyMonth #HealthyCommunities #FuelingSummer



### Post 2: Nutrition Science + Dairy Matrix

Milk, yogurt and cheese provide more than individual nutrients—they offer a unique combination that works together to support bone, muscle and overall health.

This National Dairy Month, explore how dairy fits into healthy eating patterns and supports wellness at every stage of life.

Learn more at: [DairyCouncilofCA.org/JIDM](http://DairyCouncilofCA.org/JIDM)  
#NationalDairyMonth #NutritionMatters #DairyNutrition



### Post 3: Community + Dairy Impact

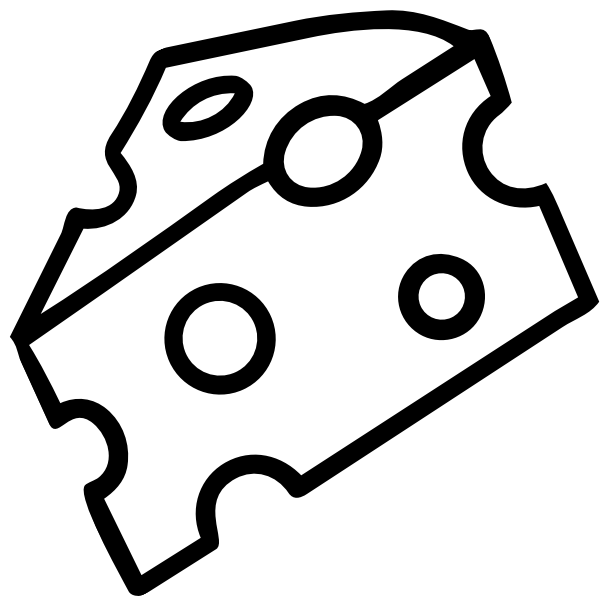
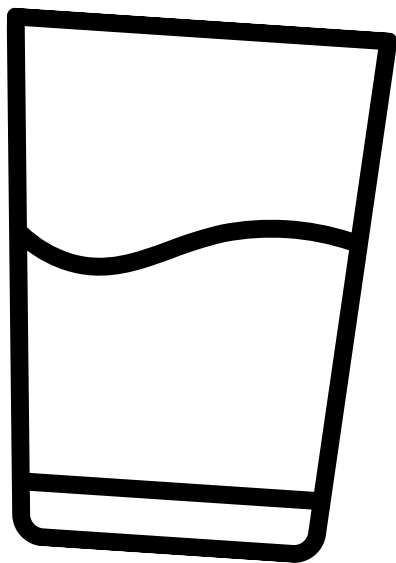
Dairy connects farms to families. During National Dairy Month, we're highlighting how partnerships across schools, health professionals and communities help support access to nutritious foods and strengthen local food systems.

Learn how dairy supports healthy communities across California.

Learn more at: [DairyCouncilofCA.org/JIDM](http://DairyCouncilofCA.org/JIDM)  
#NationalDairyMonth #DairyInAction #HealthyCommunities



[Click to download social media graphics](#) 



**What dairy food would you like to try?**