



WORLD SCHOOL MILK DAY



SEPTEMBER 24, 2025

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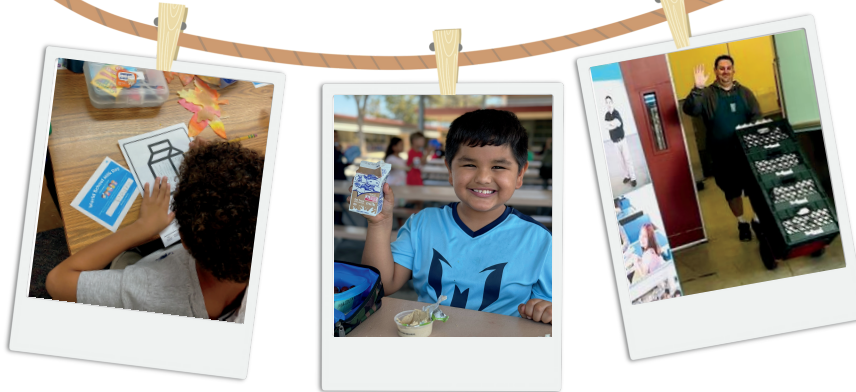
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SCHOOL MILK SHOUTOUT



Show authentic moments that celebrate how milk is part of your school's nutrition program.



No special set up required- just capture what's already happening!

Photo Ideas:

- Mobile Dairy Classroom visits
- Students completing milk worksheets
- Teachers sharing milk fun facts
- Staff preparing milk service or unloading milk deliveries
- School Food Service Professionals in action
- Students choosing milk during lunch time
- Students enjoying milk with meals
- Upcycling milk cartons into art
- Students signing pledge cards
- Displaying completed worksheets
- Group activities celebrating milk

- **Daily features** on Dairy Council of CA social media
- **Weekly winner spotlights** in our newsletter
- **GRAND PRIZE** recognition packages for top participants

Share photos of your school milk program in action! Include your school's name and why milk matters at your school. Post on social media with **#SchoolMilkShoutout** and tag **@DairyCouncilofCA**.



To learn more, visit:
DairyCouncilofCA.org/WorldSchoolMilkDay



Celebrate World School Milk Day on September 24!

On World School Milk Day, we celebrate the health benefits of school milk and its contributions to nutrition security. Use this toolkit to elevate this event with students and communities.

World School Milk Day Activities

Prior to World School Milk Day, share fun facts about milk with students. Then choose one or more activities below to extend the fun and learning.

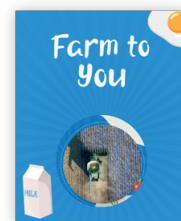
Order a Cafeteria Poster for your School!

Colorful and engaging, this poster highlights the essential nutrients in milk and their benefits for growing bodies. Ideal for school cafeterias and learning environments, it supports healthy choices with clear, kid-friendly visuals and educational value.



Bring the Farm to your Classroom on World School Milk Day.

Experience the Mobile Dairy Classroom 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.



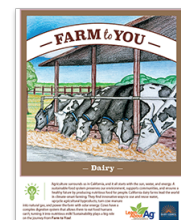
Show off your Celebration.

Share the fun on social media! Use the hashtag **#SchoolMilkShoutout** and tag **@DairyCouncilofCA** on Facebook and Instagram to be featured on our social media channels.



Use the NEW Farm-to-You Dairy Handout.

Learn about the journey milk takes from the farm to you with this interactive handout from California Foundation for Agriculture in the Classroom (CFAITC) and Dairy Council of California.



Use the Activities Found on Pages 4–7 in this Toolkit.

Pledge cards, coloring sheets and upcycle milk cartons are all designed to be engaging for younger audiences and a variety of settings.



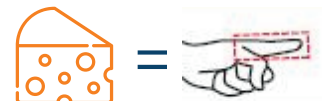
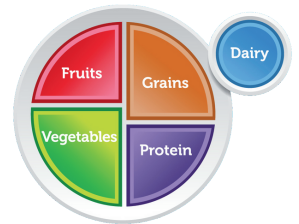
Access all World School Milk Day resources:
DairyCouncilofCA.org/WorldSchoolMilkDay



Fun Facts for World School Milk Day

Share the following fun facts with your students, community or on social media. Then follow up with a World School Milk Day activity.

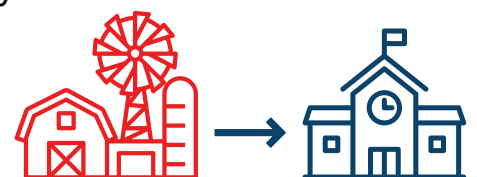
- On World School Milk Day, people recognize the importance of school meals and celebrate the health benefits of school milk.
- As a student in California, you can eat a healthy school breakfast and lunch, which includes milk, for free each school day.
- The first World School Milk Day was held in September 2000. Many countries worldwide continue to celebrate on the last Wednesday in September. This year, the global celebration is Wednesday, September 24, 2025.
- 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.
- 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.
- Children ages 2–7 should have two to two and a half servings of dairy foods like milk, yogurt and cheese each day. Children 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.



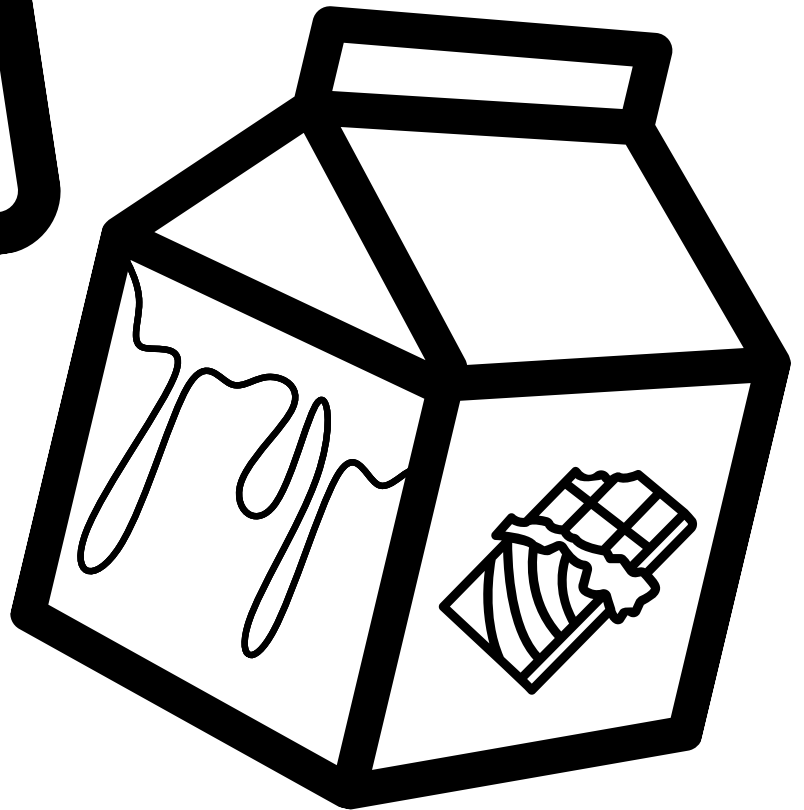
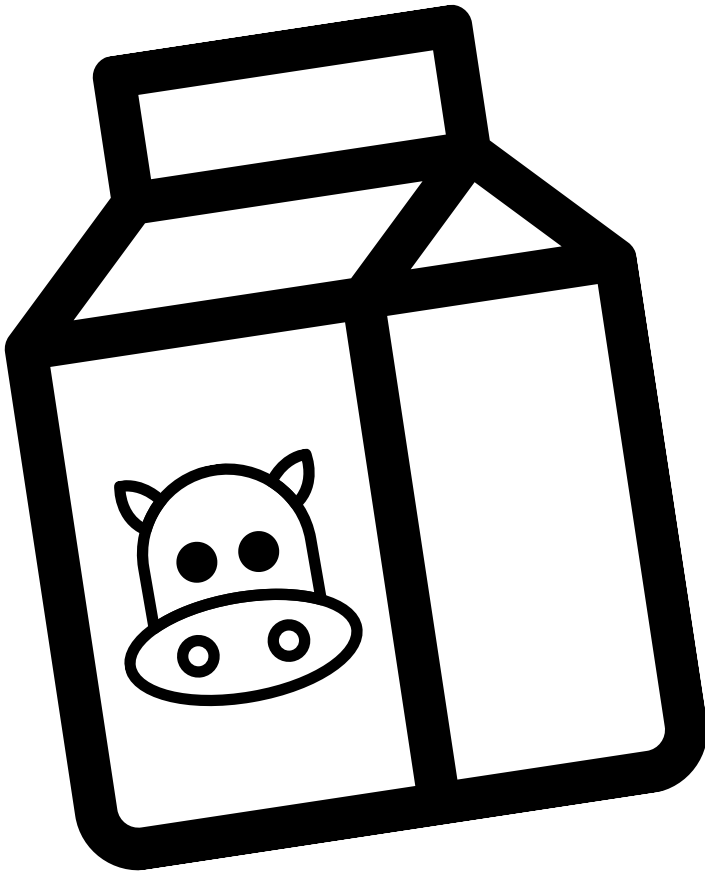
Pointer Finger =
1.5 ounces



One Fist = 1 cup



For additional World School Milk Day resources visit:
DairyCouncilofCA.org/WorldSchoolMilkDay



I drink school milk because

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
@DairyCouncilofCA 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, and develop strong bones and lean muscle.

Learn more at:
DairyCouncilofCA.org/WorldSchoolMilkDay



<p>Name:</p>	<p></p>	<p></p>	<p></p>
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World School Milk Day

September 24, 2025



I pledge to participate in the school meal program on September 24.
I will enjoy drinking milk with my school breakfast or lunch!

Student Name

Learn more at DairyCouncilofCA.org/WorldSchoolMilkDay



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