



WORLD SCHOOL MILK DAY



SEPTEMBER 30, 2026

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Celebrate World School Milk Day on September 30

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 day with students and communities.

Activities for World School Milk Day

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 educational, this poster highlights the essential nutrients in milk and their benefits for growing bodies. Ideal for school cafeterias and learning environments.

Bring the Farm to your Classroom.

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.

Share on social media.

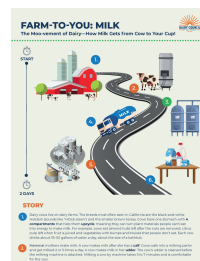
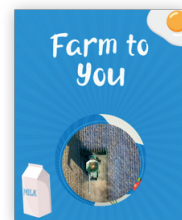
Share how you're using the toolkit, your World School Milk Day celebration or your school milk program in action. Sample social media posts are also available. Include your school name and post on social media with [#SchoolMilkShoutout](#) and tag [@DairyCouncilofCA](#).

Use the NEW Farm-to-You: Milk handout and video.

Learn about milk's journey from the farm to you with this interactive worksheet in English or Spanish; complete with a companion video.

Use the Activities on Pages 4–7 of this Toolkit.

Fun and simple activities like a word search, coloring sheet and DIY milk carton are all designed to be engaging for youth in a variety of settings.

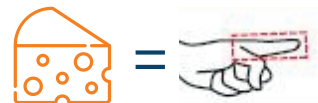


Access all World School Milk Day resources:
DairyCouncilofCA.org/WorldSchoolMilkDay

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.

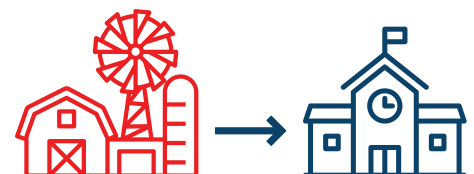
- Countries around the world celebrate World School Milk Day on the last Wednesday in September. This year, the global celebration is September 30, 2026.
- On World School Milk Day, we recognize the importance of school meals and celebrate the health benefits of school milk.
- Milk is a required and vital part of school meal programs. In California, students can eat a healthy school breakfast and lunch, which includes milk, for free each school day.
- Schools have the flexibility to offer milk at a range of fat levels to support nutrient intake and meet student preferences.
- Milk is part of the dairy food group. The recommended food groups are dairy, fruits, vegetables, whole grains, protein and healthy fats.
- 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.
- Enjoying 3 daily servings of dairy can help ensure kids get enough calcium, vitamin D and potassium.
- 1 serving of milk or yogurt is close to the size of a fist and 1 serving of cheese is just about the size of a pointer finger.
- It only takes 2 days for fresh and delicious milk to get from the farm to your school or local grocery store.
- Milk is the top agricultural product in California.



Pointer Finger =
1 ounce



One Fist = 1 cup



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

WORD SEARCH

R I K R R Z V C Y H B F X I T H C L J H F M W S
A T O A V E Z I V A F F X C E X B Z V Z G T N W
T X E S R V A D T T W O W E L B R N E A P X U E
I W T P U L L O N A M R P L T L M R G L S F T D
U L L O H L A V I L M U O A G V W O E Q V M R E
R Q B T B I F R O S T I A N U H C H T L A A I N
F G Q A U W Y Q A U D I N D T R X T A K R J E M
K V I S H K I L O L G X N D A I R Y B I T Y N L
G O B S L L I D F A L R I F C N D E L C A E T A
O O C I O D K K D U I Z D S L A J G E J L R S A
Q Q V U T J R N W F O O D G R O U P S R F F R D
G J G M P X P A Y Z C O O L T K K I R P H T A E
M Z T U A L R S G P N G A L G L H J J D E M G N
O U S C H O O L M E A L S Q T O E I A I K L I M
V F S E D U T U Q D A K M S U F D I X R M E I A
M E E P X C E D R G L C A L A R H T H R T H M R
J R X B E L I U A W O F V Q U M Z A D A U A S K
G A B E S L N I D L K B U Y O S I M F W S N N R
U Q R V T H H J O A U N H E I M A U F R S A V C
Z Q F L B T E E E P L E L N G R A I N S A V J H
Z J P S M Y A R I N I D A V E L L C R F K G S E
K P Y M O R B D A M P C A R G D B L Q J L Y I E
P R S P Y O G U R T L H E I M M O A I N Q A C S
W J M C L L A D M I E H C W K B A C X C Z L L E

MILK
YOGURT
CHEESE
SCHOOL MEALS
BREAKFAST

CALCIUM
VITAMIN D
POTASSIUM
NUTRIENTS
FOOD GROUPS

DAIRY
FRUIT
VEGETABLES
GRAINS
PROTEIN

WORD SEARCH



MILK
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PROTEIN

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



Name:



Learn more at
DairyCouncilofCA.org/WorldSchoolMilkDay

World School Milk Day

September 30, 2026



I pledge to participate in the school meal program on September 30.
I will enjoy drinking milk with my school breakfast or lunch!

Name:



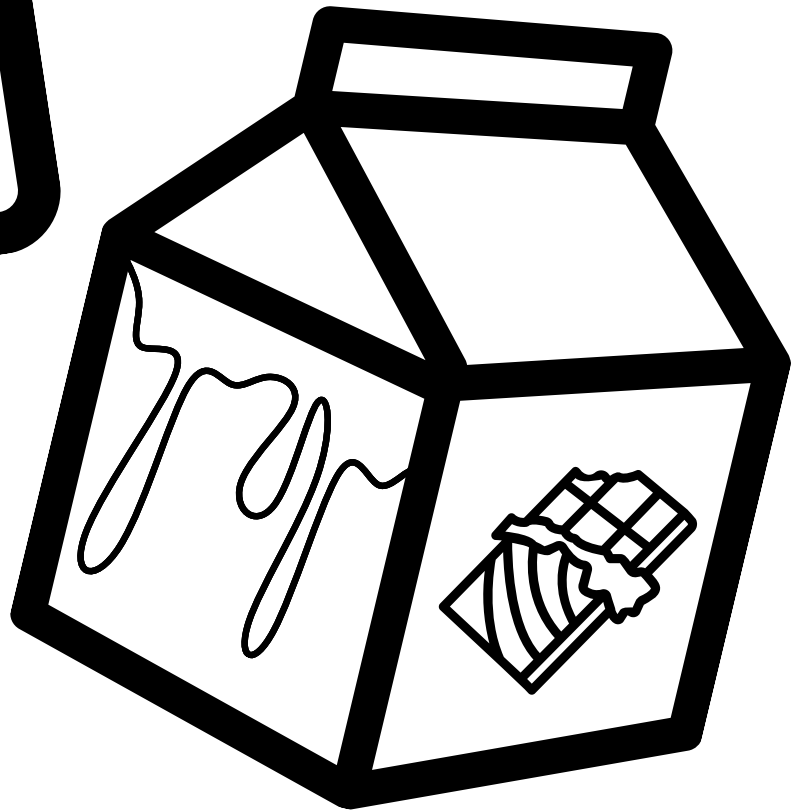
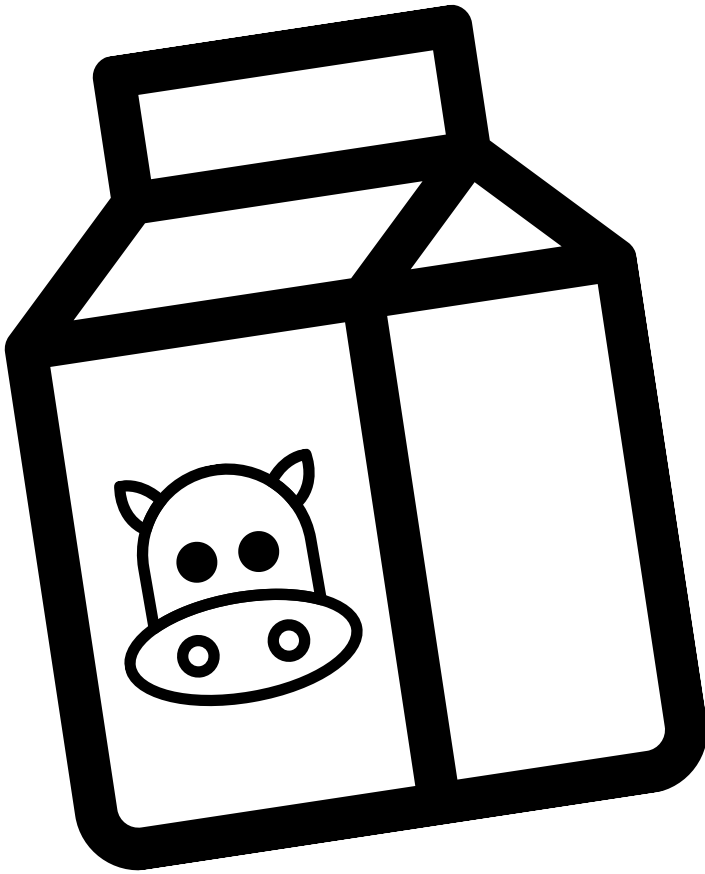
Learn more at
DairyCouncilofCA.org/WorldSchoolMilkDay

World School Milk Day

September 30, 2026



I pledge to participate in the school meal program on September 30.
I will enjoy drinking milk with my school breakfast or lunch!



I drink school milk because
