

10 WAYS TO ENCOURAGE STUDENTS TO DRINK MILK

1 [SERVE ICE COLD MILK.](#) Milk tastes best when it's under 40°F, strive to serve it at 35°F.

2 Increase milk's appeal by displaying it in [ATTRACTIVE WAYS.](#)

3 Offer a variety of milk options including lactose-free. [FLAVORED](#) and [LACTOSE-FREE MILK](#) have the same 13 essential nutrients as white milk.

4 Try [HOT CHOCOLATE MILK](#) with older students.

5 [SCHEDULE RECESS BEFORE LUNCH.](#) Thirsty students coming off the playground will drink more milk.

6 [ENCOURAGE MILK WITH MEALS](#) and water in between. Reward students who drink all their milk.

7 [DECREASE FOOD WASTE](#) while promoting good nutrition by giving a little nudge. Remind students five minutes before the meal is over to "finish your milk, finish your meal."

8 Run our [DAIRY: GOOD FOR YOUR BODY](#) video on your cafeteria video screens.

9 [CELEBRATE DAIRY HOLIDAYS](#) with our fun promotion tools and resources.

10 Help your students learn about our [LOCAL DAIRY FARMS](#), where milk comes from, and how many different foods can be made from milk. Milk is local, fresh, and always in season!



**Visit DrinkMaineMilk.org
for more information.**

**Resource developed by
New England Dairy.**