SMART SWAPS

SCHOOL MEALS CAN NOW INCLUDE WHOLE AND 2% MILK

When schools offer milk choices students enjoy, they can help students get the *nutrition they need*.

SCHOOLS MUST OFFER AT LEAST TWO MILK OPTIONS*

- **Whole milk (3.25%)**
- **Reduced-fat milk (2%)**
- **Low-fat milk (1%)**
- **Fat-free milk**
- **Lactose-free dairy milk**
- **Non-dairy beverages nutritionally equivalent to milk (lunch only)**

*One of the milk options must be unflavored.



3 REASONS MORE MILK CHOICES MATTER

#1 Milk is a Nutrient Powerhouse

- All milk varieties provide the same 13 essential nutrients.
- Higher-fat milk can be part of dietary patterns that support healthy growth and development in children[1-4].
- Dietary fat is important for growth. It supports energy needs, brain development, and absorption of fat-soluble vitamins[5-7].

#2 Schools Can Offer More of the Milk Options Students Know and Enjoy

Whole and 2% milks account for 84% of all milk sold in the U.S[8].

#3 Students are Choosing the New Options

What we're hearing from early testing:

"Students want to drink the same thing they drink at home."

"Whole milk has been especially popular among high school athletes."

MORE OPTIONS HELP SCHOOLS OFFER THE RIGHT MILK FOR THEIR STUDENTS

School meals play an important role in helping school-age children meet the Dietary Guidelines for Americans' recommendation of three daily servings of dairy[9].

TO LEARN MORE, VISIT SMART-SWAPS.COM.

MAINE DAIRY & NUTRITION COUNCIL

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