

Dairy's Role

Resources for Implementing Your Wellness Policy

National Dairy Council and your local Dairy Council have been committed to child nutrition and wellness since 1915 and are long-time supporters of the National School Lunch and Breakfast programs, and nutrition education.

Milk and other dairy products can, and should be, an important part of your School Wellness Policy. Many students get virtually their entire daily dairy consumption at school. Dairy is a nutrient powerhouse providing nine essential nutrients kids need every day. And, dairy products are big on kid-appeal. When eliminating foods of minimal nutrition, it's important to provide children with healthy options they like.

Dairy Foods and Your School Wellness Policy

Dairy is part of the solution. Get all the facts, rationale and strategies for developing a School Wellness Policy that includes dairy. [Download handout](#) .

Flavored Milk

Flavored milk is nutrient rich and provides the same nutrients and benefits as unflavored milk. Research shows when children are offered flavored milk they will choose it over soft drinks and other beverages of minimal nutrition value. And, they do not have higher intakes of added sugars or total fat. Get all the details with these resources:

[Flavored Milk Survey](#) Read Dr. Rachel Johnson's research that found children who consumed flavored milk had better diets than children who regularly drank sodas and sweetened fruit drinks.

[New Look of School Milk](#) Offering a variety of flavors is a key component of an enhanced milk program, called the New Look of School Milk.

[Think Your Drink!](#) Download a reproducible master featuring nutrient bar graphs of eight popular beverages.

Milk and Wellness Go Hand in Hand

Take a close look at how implementing an enhanced milk program, called the New Look of School Milk, can put your wellness plan into action. It can help you reach your nutritional goals! [Check out this easy-to-read handout](#).

Cheese: A Nutrition Plus for Schools

Consuming cheese as part of a healthy diet is a great way for children and teens to enjoy the benefits of dairy foods. Focusing on nutrient-rich foods like cheese can help students get more nutrients for the calories they consume. [Get all the facts](#).

American Academy of Pediatrics Calcium Policy Recommendations

Hear what the experts have to say. Read a recent report from the American Academy of Pediatrics that confirms the important role that calcium and dairy products play in children's health. [Download summary](#).