

# 3

steps to ensure your students achieve a 3% increase in milk and yogurt consumption

## Showcase Milk

by placing it front and center on your breakfast cart, serving it **ice cold** and keeping it fully stocked until the end of service.



## Highlight Yogurt

and add variety to your menu. Whether you **Dip** it, **Dunk** it, **Sip** it or **Spoon** it! Create a yogurt or smoothie bar. Ask your Youth Wellness Manager for more innovative recipes!



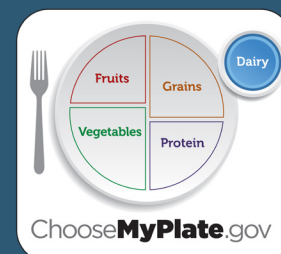
## Promote Dairy

in every meal by providing **Dairy Education** with key messages in morning announcements and on the menu or doing a **Dairy Promotion** with smoothies or coffee.



The average student consumes only 3.7 servings of milk per week at school. If milk is consumed with **every** school meal, it will increase by 6.3 to a total potential of **10 servings** per week! That is **170% more** of the vital nutrients that students need!





# Does Your Breakfast Cart Promote Healthy Options?



## Breakfast Cart Checklist

- Is **ice cold** milk offered first and stocked?
- Where are the whole grain rich options?
- Is fresh fruit or vegetable available?
- Are you offering yogurt?

