Manager’s Corner

Promoting Milk Intake in School Meals

PROJECT COORDINATOR
Theresa Stretch, MS, RDN, CP-FS

EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD, MPH

Key Area: 1 Nutrition
Code: 1300 General Nutrition
2019
Institute of Child Nutrition
The University of Mississippi

The Institute of Child Nutrition was authorized by Congress in 1989 and established in 1990 at the University of Mississippi in Oxford and is operated in collaboration with The University of Southern Mississippi in Hattiesburg. The Institute operates under a grant agreement with the United States Department of Agriculture, Food and Nutrition Service.

PURPOSE
Improve the operation of child nutrition programs through research, education and training, and information dissemination.

VISION
Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.

MISSION
Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

The University of Mississippi is an EEO/AA/TitleVI/Title IX/Section 504/ADA/ADEA Employer.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

© 2019, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images.

For more information, please contact helpdesk@theicn.org

February 27, 2019
# Table of Contents

Professional Standards ........................................................................................................ 1

Introduction .......................................................................................................................... 1

Lesson Overview—Questions ............................................................................................... 3

Questionnaire ........................................................................................................................ 5

Questionnaire Answer Key .................................................................................................... 6

References .............................................................................................................................. 7
Manager’s Corner: Promoting Milk Intake in School Meals

Professional Standards

GENERAL NUTRITION – 1300

Employee will be able to understand the Dietary Guidelines for Americans, USDA’s food guidance system concepts and general nutrition principles.

1320 – Understand general nutrition concepts that relate to school meals, such as whole grains, sodium, etc.

Introduction

Manager’s Corner: Promoting Milk Intake in School Meals is designed for managers to use in training their staff. Each lesson is roughly 15 minutes. Manager’s Corner: Promoting Milk Intake in School Meals provides a method for empowering managers to train their staff. This lesson plan contains the following:

- learning objective,
- statement explaining the importance of the topic,
- list of materials,
- instructions on how to present the information,
- questions to ask staff, and
- an activity to strengthen or refresh the knowledge of the staff.
Manager’s Corner: Promoting Milk Intake in School Meals

Lesson Overview—Questions

Objective: Identify ways to promote nutrition education by encouraging students to drink more milk at school meals.

Why it is important: It is important to encourage students to drink more milk because milk is the main source of calcium, vitamin D, and potassium intake. Calcium and vitamin D facilitate bone growth and development, which is important during this stage of life.

Materials included in this document:
- Suggestion Activity
- Suggestion Activity Answer Key

Instruction:
Ask the staff to answer the questions included in this training. Facilitate the activity.

Questions for the staff:

- What are the benefits to drinking milk?
  Answer: Milk contains high amounts of calcium, vitamin D, and potassium. Calcium and vitamin D facilitate bone growth and development. Potassium helps maintain a consistent blood pressure; and getting enough calcium and vitamin D can reduce the risk of osteoporosis, bone fractures, and bone breaks.

- Why is it important that children drink milk?
  Answer: During childhood, bones are in a vital stage of growth and development, so calcium and vitamin D help bones grow strong. Drinking milk will help children receive a good amount of these nutrients and can reduce the risk of breaking bones when playing sports or doing fun activities. Milk is a good source of calcium, vitamin D, and potassium, so it is important that children are encouraged to drink milk.

- Why is the temperature of the milk important?
  Answer: The optimal temperature to store milk is 35-40 degrees Fahrenheit and the colder the milk is the more people will want to drink it. If the milk is not cold enough, it may be less appealing, and it might even make people sick.
Activity instructions:
- Ask staff to complete the Suggestion Activity using the above. At the conclusion of the activity, review the Suggestion Activity Answer Key.
Questionnaire

Instructions: Write your response to the questions in the space below and have an open dialogue with your manager and other staff.

What are some ways that you can encourage students to drink milk?

How can you make drinking milk fun?

How can you ensure that milk is served at the appropriate temperature?
**Questionnaire Answer Key**

**Instructions:** Write your response to the questions in the space below and have an open dialogue with your manager and other staff.

---

**ANSWER:**

**What are some ways that you can encourage students to drink milk?**

- Make fun posters around the cafeteria
- Offer milk as their first choice of beverage
- Enforce that they drink their milk first before getting a second beverage

**How can you make drinking milk fun?**

- Provide flavored milk
- Put funny decorations by the milk cooler

**How can you ensure that milk is served at the appropriate temperature?**

- Check temperature of the milk cooler regularly
- Document the temperature of the cooler regularly
- Make sure to not overstock the milk cooler
Manager’s Corner: Promoting Milk Intake in School Meals

References


