

# Manager's Corner

## Promoting Milk Intake in School Meals

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### **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.

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Suggested Reference Citation:

Institute of Child Nutrition. (2019). *Manager's corner: Promoting milk intake in school meals*. University, MS: Author.

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November 22, 2019

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## 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 – General Nutrition

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 to empower managers to use in training their staff. Each lesson is roughly 15 minutes. This lesson plan contains:

- Learning objective
- Statement explaining the importance of the topic
- List of materials
- Instructions on how to present the information
- Questions to ask staff
- An activity to strengthen or refresh the knowledge of the staff

## Lesson Overview

### Instructions for lesson:

- Review the lesson objective and background information
- Review why it is important
- Ask staff the questions.
- Facilitate the activity outlined.
- Provide time for staff to ask questions.

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

**Background information:** It is important to encourage students to drink more milk because milk is an important source of calcium, vitamin D, and potassium. 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.

Schools must offer students at least two different options of milk. Schools may offer fat-free (unflavored or flavored) and low-fat (1%) milk (unflavored or flavored) as part of the reimbursable meal for children in grades K-12. If schools offer flavored milk, unflavored milk must also be available at each meal service. Flavored milk (low-fat or fat-free) is an option and not a requirement at lunch. Low-fat or fat-free lactose-free and reduced-lactose fluid milk may be offered.

Milk should be stored at 35-40 °F to avoid making people sick. It is also less appealing if milk is not cold enough when served during mealtime.

**Why it is important:** Bones are in an important stage of growth and development during childhood. Calcium and vitamin D help bones grow strong. Potassium helps maintain consistent blood pressure. Getting enough calcium and vitamin D can reduce the risk of osteoporosis, bone fractures, and bone breaks. It is important to encourage children to drink milk because it is a good source of nutrients for growth and development.

## Questions for 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; 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 °F. If the milk is not cold enough, it may be less appealing, and it might even make people sick.

## Activity: Promoting Milk Intake

**Activity materials included in this document:**

- **Promoting Milk Intake**
- **Promoting Milk Intake Answer Key**

**Materials provided by the school nutrition operation:**

- Copies of handouts
- Pens/Pencils

**Activity Instructions:**

- Print the handouts.
- Ask staff to complete **Promoting Milk Intake**.
- At the conclusion of the activity, review the **Promoting Milk Intake Answer Key**.

## Promoting Milk Intake

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

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**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?**



## Promoting Milk Intake Answer Key

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

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

Examples:

- Place 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?

Examples:

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

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

Examples:

- Check temperature of the milk cooler regularly
- Document the temperature of the cooler regularly
- Make sure to not overstock the milk cooler

**Please note:** The answers provided are only examples and are not an inclusive list of possible responses.

## References

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