

# MILK IN MARCH



The goal of the new *2015-2020 Dietary Guidelines* is to promote overall health and help prevent chronic disease with healthy eating patterns. A key recommendation in the new guidelines is to include fat-free and low-fat (1%) dairy, including milk, yogurt, cheese, or fortified soy beverages as part of a healthy eating pattern. Soy beverages are included as part of the dairy group because they have similar nutrients and are used in similar ways. The dairy group contributes many nutrients, including calcium, phosphorus, potassium, vitamin A & D. The recommended daily intake of dairy is based on age:

- 2 cup-equivalents for children 2 to 3 years
- 2.5 cup-equivalents for children 4 to 8 years
- 3 cup-equivalents for those 9 years and older

To promote the consumption of food/beverage from the dairy group, half pints(1 cup) of low fat milk or soymilk will be available at recess on Friday March 4<sup>th</sup> and 18<sup>th</sup> to children in 1<sup>st</sup>-8<sup>th</sup> grade who **pre-order**.

\$1.50 total per student for both Fridays.

Please complete the following information and enclose payment by Friday, February 26th. If you have any questions, call Tiffany Kearney, at 415-505-0765.

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## Milk Order

Name of Child 1 \_\_\_\_\_ Grade \_\_\_\_\_ Milk \_\_\_\_\_ or Soymilk \_\_\_\_\_

Name of Child 2 \_\_\_\_\_ Grade \_\_\_\_\_ Milk \_\_\_\_\_ or Soymilk \_\_\_\_\_

Name of Child 3 \_\_\_\_\_ Grade \_\_\_\_\_ Milk \_\_\_\_\_ or Soymilk \_\_\_\_\_

Name of Child 4 \_\_\_\_\_ Grade \_\_\_\_\_ Milk \_\_\_\_\_ or Soymilk \_\_\_\_\_

If you can assist with this health promotion (9:30am-10:30am), please indicate below.

Your Name: \_\_\_\_\_ date/s you can assist: \_\_\_\_\_ your phone #: \_\_\_\_\_