School Nurse News: Dairy, Nutrition, & Student Wellness

As a school nurse, you play an important role in supporting your students' health and wellness. Nutrition is a key part of this, especially as students navigate busy schedules, developmental changes, and, for some, inconsistent access to nutritious foods. Milk is a simple, convenient, nutrient-rich way to help nourish growing bodies, active days, and developing minds.

Dairy Means More for Kids

An 8-ounce serving of milk provides 13 essential nutrients that can help children meet their daily nutritional needs and support their overall health.

- Healthy fats and protein in milk support growth.
- Milk's nutrients help fuel learning and concentration.
- Protein in milk helps keep kids full and energized.
- Milk provides fluids and electrolytes to support hydration, making it a good choice after sports.



Milk Choice

The Whole Milk for Healthy Kids Act of 2025 expands milk options to include whole and 2% milk at school. Offering more variety may encourage students to choose milk, helping them get the protein and other nutrients they need.

Milk & Satiety

Whether it's skim, 1%, 2%, or whole milk, all milk contains the same amount of protein which helps with satiety, or feeling full. Whole milk also contains more fat, which may also increase satiety and help students stay satisfied longer.

Put It Into Practice

You can help students connect nutrition information to real-life choices through simple activities:

- **Compare the Protein:** Have students calculate the amount of protein in their school lunch when they choose milk as their beverage compared with another beverage choice.
- **Build a Nutrient-Rich Snack:** Ask students to create a snack that pairs a dairy food, such as milk, Greek yogurt, cheese, or cottage cheese, with another nutritious food.
- **Explore the Label:** Compare Nutrition Facts labels from different milks and identify the key nutrients.
- **Track the Nutrients:** Challenge students to identify how many of milk's 13 essential nutrients they can find using a food label or nutrition resource.

For **ready-to-use activities** that help students explore dairy nutrition, evaluate health information, and make informed food choices, check out "Fuel Your Brain & Body" at ymiclassroom.com/dairydoesmore.

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DAIRY DOES MORE™

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