MILK CHOICE MATTERS!

A MESSAGE FROM WISCONSIN'S DAIRY FARMERS

SUPPORTING HEALTHY SCHOOL MEALS

Recent federal changes to school milk offerings mean new opportunities to create nourishing meal experiences for every student.

As Wisconsin dairy farmers, we are proud to partner with schools and families in our communities to provide nutritious school meals that help support students' health, growth, and success both in and out of school.

Together, we can help children build healthy habits that can last a lifetime.

WHAT'S CHANGING FOR SCHOOLS

The **Whole Milk for Healthy Kids Act of 2025** gives schools participating in the National School Lunch Program the option to offer whole, reduced-fat (2%), low-fat, fat-free, lactose-free, and flavored milk with school meals while continuing to meet federal school nutrition standards. Whole and reduced-fat (2%) milk are now options.

We're here to help you navigate these changes and provide students with milk options that provide a nutrient-dense source of complete protein.



WHY CHOICE MATTERS

Flexibility

Schools have greater flexibility to meet student preferences and students have more options to choose from with meals.

Appeal

Familiar options may encourage more students to choose milk at school.

Nutrition

Students have more opportunities to enjoy milk's essential nutrients.



WHY MILK MATTERS

Healthy students are better prepared to learn and milk can help support their nutrition throughout the school day:

- Every serving of dairy milk [whole, reduced-fat (2%), low-fat, fat-free, lactose-free, or chocolate milk] delivers **13 essential nutrients**, including high-quality protein, calcium, vitamin D, potassium, and other nutrients the body needs but cannot produce itself.
- Together, these nutrients help support:
  - Strong bones and teeth
  - Healthy muscle growth
  - Heart health
  - A healthy immune system
  - Growth, development, and learning
- Whole milk also provides a satisfying combination of protein and milkfat that can help students feel fuller longer, supporting focus and helping to fuel busy school days.
- For active students and athletes, milk naturally provides protein, fluids, and electrolytes that help support hydration and muscle recovery after physical activity.

No matter which variety students choose, milk can help students fuel their bodies and minds when part of a balanced meal.

NEXT STEPS

As you explore the benefits of expanding your school's milk offerings, keep your school community involved.

- **Stay informed:** Follow USDA updates and check with milk suppliers.
- **Partner up:** Connect with dairy, nutrition, and state experts.
- **Engage families:** Share the nutrition and sustainability benefits of milk.



LEARN MORE

Dairy farmers and their checkoff organization are here to help. Reach out to us at **dairyinschools@wisconsindairy.org**.

For more ways to bring dairy into your community, visit **WisconsinDairy.org** for nutrition information, recipes, classroom resources, and tools to help support dairy within our schools.

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