



Prepare the room ahead of time. Arrange the chairs in an open circle if possible. Facilitator should sit with the group.

Sequence of lesson/script (Relate to each objective)

### **I. Introduction**

Welcome everyone and say: I would like everyone to introduce themselves and tell one or two words that come to your mind when you think of “low-fat” or “skim/fat-free milk”. I’ll start: My name is \_\_\_\_\_ and (facilitator makes own statement, such as “I find fat-free milk very refreshing when it is ice-cold.”). Allow each participant to do the same.

Today we are going to talk about milk. We will practice using the Nutrition Facts label on the milk carton to learn why it is important for you and your child’s health, how to choose among the different types of milk, and tips on how we can make the switch to low-fat milk. Our discussion will be interactive so please feel free to ask questions and share your experiences.

### **II. Why Milk?**

Why do you drink milk and/or offer it to your children? *Write comments on the easel pad.*

Possible comments: *Tastes good; my kids like it; it’s good for you, etc*

What nutrients do you know of that are in milk? *Allow responses.*

Milk contains several nutrients that everyone in your family needs:

- Calcium and Vitamin D: Important for your child’s growing bones and teeth. These same nutrients help your bones stay healthy.
- Protein: Important for building a growing body. It also helps keep your body in good repair.
- Vitamin A: Important for healthy eyes and skin.

These nutrients can be found in any type of milk. They are important to help your child grow and stay healthy, and they are important for you too.

### **III. Labels**

What do you notice on the package label when you choose foods for your family? If you don’t look at the label, what do you look at (besides price, of course)?

Jot down participants’ comments on the flip chart. Possible answers: *How much food in the container; a list of ingredients; how many calories, etc.*

Food labels list the ingredients and give information on the amounts of nutrients in the food. (Use the Nutrition Facts label poster to show the information it provides in one serving of food for calories, protein, fat, cholesterol, sodium, vitamins and minerals.)

What information on this Nutrition Facts label is most important to you and why? *Write responses on the easel pad.*

What are the reasons you choose the type of milk that you do? *Allow responses.*

How many of you have heard that low fat milk is just watered – down whole milk? We are going to look at some information today that will show us that this is not true.

The Nutrition Facts label can be useful to compare foods, such as different milks. Let’s look at the Nutrition Facts label on four different types of milk and compare the nutrients. Hand out “Milk: What’s the Difference?” Have the participants look over the labels and discuss with each other for a few minutes.

Addressing the group: Who would like to share what you noticed about the milk Nutrition Facts labels?

Brief SNAP Outreach Message: “The Supplemental Nutrition Assistance Program provides assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401.”

As a group, we are going to write the nutrient amounts for each milk on this chart. *Put the nutrients for 8 oz of milk on the easel pad for the four different types of milk.*

Type of Milk	Calories	Total Fat	Protein	Calcium	Vitamin D
Fat Free (skim)					
Lowfat (1%)					
Reduced Fat (2%)					
Whole					

What do you notice about the comparison of these milks? *Non-fat milk has the least calories; non-fat milk has the least amount of fat; whole milk is highest in fat and calories; all milks have the same amount of Vitamin D, Protein, Calcium; whole milk has less Vitamin A.*

Why is it important to watch how much fat we eat? Saturated fat is the type of fat that can build up and clog your arteries resulting in high blood pressure and heart disease, which can then cause heart attacks and strokes. Eating too much saturated fat can also lead to unwanted weight gain and obesity.

Adults and children over two years old do not need the extra fat from reduced fat (2%) or whole milk. *(optional: show Milk Fat food models to show difference in fat content).* **Low-fat milk is not watered-down whole milk;** it has the same protein and nutrients as whole milk but with less fat and fewer calories, so it is the best choice for your family.

#### IV. Making the Switch: Taste Test

Maybe the thought of switching worries you because your family might be accustomed to drinking whole or 2% milk. You may worry about the taste difference and feel that it will be hard to get your family to change to low-fat milk. I have two types of milk here today. (Have two covered containers with 2% and 1% milk, labeled as Milk A and Milk B; pour each participant a sample amount into paper cups). I want you to taste the two types of milk and tell me what kind of milk each one is. Write your answers on the paper.

Milk A is:

Milk B is:

My 1<sup>st</sup> choice is: A or B

What did you notice? Are you surprised by what you tasted?

In taste tests, most people don't notice a big difference in the taste. But either way, you don't have to make the change all at once. Here are some tips to change slowly to low-fat milk:

- First, mix whole milk with low-fat milk (1%).
- Over a week or so, slowly mix more low-fat milk and less whole milk.
- Now that you have made the change to low-fat milk, keep going to fat-free (skim) milk.
- Mix low-fat milk with fat-free milk.

Soon your family will be drinking fat-free milk!

#### V. Food Demo: Optional, if time permits:

Here is a recipe for a healthy beverage using 1% or fat-free milk. (Prepare fruit smoothie. Offer samples to taste.)

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## **Evaluation (How was each objective met)**

Questions and answers

## **Closure (Recap- call to Action)**

Now that we have discussed the nutrition facts of milk, let's talk about what you learned:

1. What are some nutrients in milk that are important for health?
1. How are the various types of milk different? *Different amount of fat, calories.*
2. How are they the same? *Same amount of Vitamin D, protein, calcium.*
3. What are some ways to gradually change to low-fat milk?
4. What information was useful to you today?
5. Who would like to share what they plan to do differently starting tomorrow morning?

Here is a handout with some good information about things we talked about today. (Pass out the Fun Food News.)

**Thank you for your participation!**

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