

Item 18006953335

1% Low Fat and Fat Free Milk:

All the vitamins and minerals without all the fat.

Event in a Box

Elementary School Edition

Go Low and get your kids excited about drinking 1% low fat and fat free milk.

Who is this for?

Kids and their parents.

Why is this a good idea?

Because drinking 1% low fat and fat free milk is healthy and delicious.

Milk it!

Have all of the children sit in one large circle. Pick a volunteer to start a story. That child starts a story about milk, saying about five or six words, such as “I like to drink 1% low fat milk because...” and then the child next to him continues the story where the last child left off, so he might say “it tastes good, and...” And it continues all the way around the circle. Each child gets to say something about milk and it ends up being really fun and funny!

Milk Toss

Cut the tops off of 1% low fat milk cartons and place them five feet apart from each other. Have the children line up and toss tennis balls into them. The child who can throw the tennis ball into the carton five times in a row without missing wins.

Milk Whisperer

It’s “no secret” how healthy and delicious 1% low fat and fat free milk are. Have the students all stand in one long line. Tell the first child in line a “secret” about milk. Such as “1% Low fat and fat free milk are a great source of Vitamin D. Our bones grow stronger and it tastes great too!” Have that child whisper the same sentence into the ear of the next child and continue all the way down the line to the end. At the end of the line, the last child tells the whole group what the sentence is. It will be funny to hear how far off they are from when they started.



Arizona Nutrition Network



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