

Item 18006953335

1% Low Fat and Fat Free Milk:

All the vitamins and minerals without all the fat.

Event in a Box

Preschool 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.

Color Me White

Using the attached pictures as templates, make copies so that every child has their own set to color. Have the children use magic markers or crayons to color the pages while drinking 1% low fat milk.

Milk Chug

Have each child fill a short glass with 1% low fat milk. Put in a straw and see which child can suck down their milk the fastest.

Cheese Party!

Hold a cheese tasting party with lots of 1% low fat milk on hand to drink. Set out cubes, slices, strings, or even cottage cheese. You can serve them on plates with apple slices and crackers. While the kids enjoy the taste-testing party, explain how milk comes from cows and how cheese comes from milk; most importantly, explain that cheese is just another way to get all the great benefits of milk!



Arizona Nutrition Network



Visit eatwellbwell.org for more resources

This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-352-8401. This institution is an equal opportunity provider and employer.