Own, live and share the dairy story.
Dairy Did You Know?

Today’s Discussion

• Dairy and the Dietary Guidelines
• Dairy’s Role in Health and Sustainable Food Systems
• Turn-Key Lesson Plans for your Classroom
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Dairy and the Dietary Guidelines
Dairy and the Dietary Guidelines

Figure 1-6
Dietary Intakes Compared to Recommendations: Percent of the U.S. Population Ages 1 and Older Who Are Below and At or Above Each Dietary Goal

Intake At/Above Recommendation
Intake Below Recommendation

The center (0) line is the goal or limit. For most, those represented by the dark blue section of the bars can improve their dietary pattern by shifting toward the center line.

*NOTE: Recommended daily intake of whole grains is to be at least half of total grain consumption, and the limit for refined grains is to be no more than half of total grain consumption.

Data Source: Analysis of What We Eat in America, NHANES 2013-2016, ages 1 and older, 2 days dietary intake data, weighted. Recommended Intake Ranges: Healthy U.S.-Style Dietary Patterns (see Appendix 3).

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IS DAIRY GOOD FOR YOU?
Lactose intolerance is due to the lack of the enzyme that helps break down lactose (natural sugar found in milk). Many can still likely enjoy dairy foods, once they learn which ones work for them.
Dairy’s Role in Health

MORNING PROTEIN PROVIDERS

- **Milk** (1 cup) - 8g
- **Egg** (1 egg) - 6g
- **Bacon** (3 slices) - 4g
- **Whole Wheat Toast** (1 slice) - 4g
- **OJ** (1 cup) - 2g

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Dairy’s Role in Health

Source: USDA FoodData Central online at https://fdc.nal.usda.gov/. Mean values calculated from database entries across all fat levels of plain vitamin D-fortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.
Dairy’s Role in Health
WHAT ARE STUDENTS ASKING?
GENYOUth Insights

Establishing a Whole Child Mindset & Culture

Suggestions & Solutions

#HealthierSchoolCommunities

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Sustainable Nutrition: "Food that is good for me and good for the planet"
Youth and the Future of Food

What youth know, care about, and do might make or break the future for healthy, sustainable food and food systems.

OVERALL, HOW KNOWLEDGEABLE DO YOU FEEL YOU ARE ABOUT WHERE THE FOOD YOU EAT COMES FROM?
(Where your food is grown, made, or produced)

- Extremely knowledgeable: 39%
- Very knowledgeable: 26%
- Moderately knowledgeable: 15%
- A little knowledgeable: 6%
- Not at all knowledgeable: 14%

21%
Sustainable Nutrition: Cause for Confusion

"No processing, environmentally friendly farming and good treatment of animals"

"Locally Produced"

"All of the above PLUS organic and plant based"
Sustainable Nutrition Simplified

"Food that's good for me and good for the planet"

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Youth and the Future of Food

What is Sustainable Nutrition?

What do youth think it is?

75%
"It's hard to know if food is environmentally sustainable"

80%
Believe schools should be doing more to teach them about sustainable nutrition topics
IS DAIRY GOOD FOR THE PLANET?
COWS UP CYCLE!

FARMERS PRACTICE SUSTAINABILITY!

COWS NOURISH THE WORLD!

for centuries DAIRY FARMERS have been GOING GREEN

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THE DAIRY ALLIANCE
TURNKEY LESSON PLANS

PreK-12th grade
Dairy is Good for Me and the Planet

Display Guide

You Will Need:
- Tablecloth
- Sustainability Pop-Up Banner
- Placemats
- Sustainability 4 Piece Table Display Set: Milk’s Carbon Footprint, Water, Arx, Upcycling
- Milk: 3 Glasses, 3 School Cartons, or Pitcher and Glass with Paper Straws
- Gallon Jug of Water and Clear Tape
- Container & Cows Feed: Select Items From the Cows Upcycle Infographic

Vignette 1:
- Cow’s Upcycle infographic (from 4pc set)
- Food items from infographic. Photo depicts mandarin oranges, pistachios (substituted for almonds) decorative cotton from Hobby Lobby, and an ear of corn for corn stalks
- Did you know that cows keep waste out of landfills?

Vignette 2:
- Tape the Arx (from 4 pc set) to a gallon jug of water
- Water Recycling infographic (from 4pc set)
- How many times do you re-use water at your house?

Vignette 3:
- Milk’s Carbon Footprint Infographic (from 4pc set)
- Milk: 3 glasses/school cartons with paper straws, or pitcher and glass
- Did you know that dairy has committed to become carbon neutral by the year 2050?

Visit our website for additional educational resources at
thedairyalliance.com

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GENYOUthnow.org

Youth and the Future of Food

What youth know, care about, and do might make or break the future for healthy, sustainable food and food systems.

Sustainable food systems and diets have become critical areas of focus in nutrition,
This is Brody. He took part in our Youth Survey and says the pandemic and the loss of his team made him realize the importance of self-...
Dairy in Schools

Fuel Your Good with Dairy!

Schools are in a unique position to impact students’ food choices daily. School meal programs provide access to healthy and nutritious foods, such as non-fat and low-fat dairy, fruits, vegetables and whole grains. Dairy foods like milk, cheese and yogurt have nine essential nutrients – including protein, calcium, potassium and vitamin D – to support growth, strong bones and muscles, healthy weight and heart health.

The Dairy Alliance works with school nutrition professionals throughout the Southeast to promote dairy nutrition, enhance school menu options, address food insecurity, and promote physical activity. Studies show that well-nourished, physically active students do better at school and have fewer discipline problems. Here are programs and resources The Dairy Alliance supports with technical assistance, promotional materials and grant funding for equipment and promotion – all to assist as you Fuel your Good for students.

Visit us at thedairyalliance.com
Fuel Up to Play 60 - Update

**APP FOR STUDENTS**

**TAKE YOUR PLAY ON THE GO**

Unlock the power of Fuel Up to Play 60 with our new Fuel Up to Play 60: Student Zone app! Never miss out on news, activities, challenges, and exclusive content just for students. All you need to Fuel Greatness is now available with a simple tap on your device.

DOWNLOAD THE APP

**WEBSITE FOR EDUCATORS**

New videos and activities for fun & learning at home

Ready to improve your school?

Fuel Up to Play 60, the leading in-school health and wellness program empowers students and educators to work together to build healthier...
Thank You!

“I do not believe there was ever a life more attractive than life on a cattle farm.”

Theodore Roosevelt

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Presentation Evaluation & TDA Education Resource Order Form

• Presentation Evaluation (anonymous)
  https://docs.google.com/forms/d/e/1FAIpQLScX9SxDbljFlx_isb2rJUbrSw17SIsmnwPk0CoPelQP8uK50w/viewform?usp=sf_link

• Education Materials Order Link
  https://docs.google.com/forms/d/e/1FAIpQLSfjy5yqe2cWE3GQ9x0lGjiSr2F7Z2y5cBD85i-J8htfXcEpw/viewform?usp=sf_link
  *on a first come first serve basis, while supplies last
Website Links Referenced and More!

- The Dairy Alliance
  thedairyalliance.com

- Lesson Plans:
  https://docs.google.com/document/d/1DdgSvG1a0NRp3TzjtkYdZJ0UwDna2Axz/edit

- Google Slides:
  https://docs.google.com/presentation/d/1wo8vGFTWnt8G0v1WxBvbUQDAhCn06P4iTADNmtHOQhA/edit#slide=id.p

- MOOGA - cow-inspired yoga
  https://www.floridamilk.com/in-the-schools/mooga/index.stml
Website Links Referenced and More!

• GENYOUth
  GENYOUthnow.org
  Brody’s Video Link

• Fuel Up to Play 60
  www.fueluptoplay60.com

• Fuel Up to Play 60 Homeroom - *this will move to the main website this fall - be on the lookout
  https://docs.google.com/presentation/d/1rBp0As3Xf73FDDIHNnF9uhrvz9ixsRSZ2nQVoF3oe6vc/present?slide=id.g922577edb5_2_663
Website Links Referenced and More!

• Dairy Good Student Video:  
https://www.youtube.com/watch?v=oCr_UvR_val

• Funny Video about Food Marketing:  
https://www.youtube.com/watch?v=dSEi-Ql1tGg&t=33s