

Low-Fat Dairy for High-Energy Health

Need more information about this month's topics?

Here are some sites where you can find more nutrition resources for students, families, and staff:

SOUTHEAST UNITED DAIRY INDUSTRY ASSOCIATION (SUDIA):

Every state has a farmer-funded organization dedicated to dairy education. In Mississippi, **SUDIA** (<http://southeastdairy.org/Schools.html>) is your local contact for all things dairy-related. Their website features lots of news, information, and useful links to educational materials for schools, the *New Look of School Milk* with recycling success stories from school cafeterias, and the latest research (the flavored milk study is available at [http://southeastdairy.org/moo/ENVIRON%20April%202008%20JADA%20\(3\).pdf](http://southeastdairy.org/moo/ENVIRON%20April%202008%20JADA%20(3).pdf)).

PROMOTING DAIRY FOODS AT SCHOOL:

Nutrition Explorations (<http://www.nutritionexplorations.org/index.asp>), the National Dairy Council's website, has sections focused on parents, educators, and school nutrition professionals. There are dozens of resources to pump up the pizzazz in your program - including wellness materials, menu marketing calendars, classroom education kits, and inspiring school success stories from all across the USA.

MORE MILK RESOURCES FOR TWEENS AND TEENS:

Milk Matters (<http://www.nichd.nih.gov/milk/milk.cfm>) is a public health campaign to promote calcium consumption among tweens and teens, especially during the ages of 11 to 15, a time of critical bone growth. The website features downloads and lessons for classroom teachers (or child nutrition directors!), as well as *Milk Matters for Kids*, with games and activities. Some materials also available in Spanish.

