



# National Dairy Month 2024 Toolkit



# Celebrate National Dairy Month in June!

National Dairy Month was established in 1937 as "National Milk Month." Today we appreciate the wide variety of milk and dairy foods that contribute to healthy, sustainable and delicious eating patterns. Celebrate with one or more activities below. Visit [HealthyEating.org/DairyMonth](https://HealthyEating.org/DairyMonth) for additional resources.



## Taste new dairy foods.

Experiment with unfamiliar or cultural dairy-based foods such as kefir, a fermented milk drink; mango lassi, a traditional Indian drink or Mexican cheeses such as Queso Oaxaca and cotija. Find more ideas by watching [Ask A Nutritionist: Dairy Foods Around the World](#) or using our [Taste and Teach](#) activities.



## Post on social media.

Our National Dairy Month Toolkit includes a social media graphic to spread the word. Use the hashtag [#DairyMonth](#) and tag [@HealthyEatingCA](#) on [Facebook](#) and [Instagram](#) for a chance to be featured on our social media channels.



## Explore dairy's role in sustainable nutrition.

[Farm to Summer Week](#) in California is [June 17-21, 2024](#), dedicated to celebrating local foods, including milk and dairy foods. Learn how milk goes from the farm to you and the role cows play in sustainable nutrition by watching an episode of our family-friendly broadcast series: [Let's Eat Healthy Together: Farm-to-You](#).



## Share milk and dairy education with your community.

Dairy foods like milk, cheese and yogurt are essential to healthy eating patterns. Share the benefits of milk and dairy foods and meal ideas with the [Milk + Dairy Foods](#) tip sheet. Order or download your free tip sheets, available in pads of 50 sheets in English or Spanish.



## Learn the latest trends in dairy innovation.

The 2024 Dairy Community Trends report highlights the potential challenges and growth opportunities for the dairy industry in the areas of shifting age demographics, sustainable diets, whole dairy foods and more. [Watch a series of short videos](#) or [read the full report](#) to learn more.

For additional information contact Dairy Council of California Project Manager Renée Farias at [rfarias@HealthyEating.org](mailto:rfarias@HealthyEating.org).