

# World School Milk Day

September 25, 2024

A shareable guide of activities and resources  
to celebrate World School Milk Day!



Dairy Council of California®



# Table of Contents

World School Milk Day  
Activities 1

Fun Facts 2

School Milk Worksheet 3

Create Your Own Milk Carton  
Directions 4

Create Your Own Milk Carton  
Template 5

School Milk Pledge Cards 6-7

# Celebrate World School Milk Day on September 25!

On World School Milk Day, we celebrate the health benefits of school milk and its contributions to nutrition security. Use this toolkit to elevate this event with students and communities.

## World School Milk Day Activities

Prior to World School Milk Day, share fun facts about milk with students. Then choose one or more activities below to extend the fun and learning.

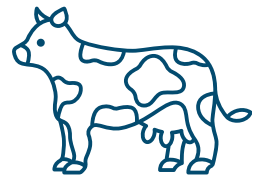
### Join our World School Milk Day Poster Contest.

Design a poster to celebrate World School Milk Day. Incorporate unique images, wording and school/organization branding that will resonate with your community. Learn more [here](#).



### Upcycle school milk cartons.

Encourage students to unleash their imagination by decorating empty school milk cartons or milk jugs. You can also use the milk carton activities provided.



### Share why you drink school milk.

Complete the School Milk worksheet with students. Display worksheets in the cafeteria or share on social media.



### Take the school milk pledge.

Use the School Milk Pledge Cards to encourage students to drink school milk on September 25.



### Bring the farm to your classroom.

Experience the [Mobile Dairy Classroom](#) in person or virtually or learn 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](#).

### Show off your celebration.

Share the fun on social media! Use the hashtag [#WSMD2024](#) and tag [@HealthyEatingCA](#) on [Facebook](#) and [Instagram](#) to be featured on our social media channels.

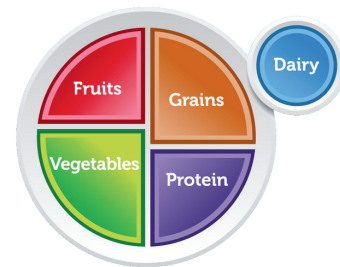


**For additional World School Milk Day resources visit:**  
[HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)

# Fun Facts for World School Milk Day

Share the following fun facts with your students, community or on social media. Then follow up with a World School Milk Day activity.

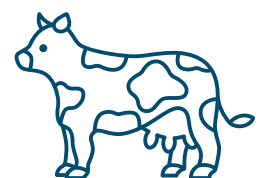
- On World School Milk Day, people recognize the importance of school meals and celebrate the health benefits of school milk.
- As a student in California, you can eat a healthy school breakfast and lunch, which includes milk, for free each school day.
- The first World School Milk Day was held in September 2000. Many countries worldwide continue to celebrate on the last Wednesday in September. This year, the global celebration is Wednesday, September 25, 2024.
- Milk is part of the Dairy food group. Dairy is one of five food groups. The other food groups are Fruits, Vegetables, Grains and Protein.
- Dairy foods, like milk, provide a unique package of nutrients like calcium, vitamin D and protein. Milk fuels learning, gives the body energy to play, helps develop strong bones and teeth and builds and repairs muscle.
- Children ages 2-7 should have two to two and a half servings of dairy foods like milk, yogurt and cheese each day. Children 9 and older should have three servings.
- One serving of milk or yogurt is close to the size of a fist and one serving of cheese is just about the size of your pointer finger.
- It only takes two days for milk to get from the farm to your school or local grocery store.
- Milk is the top agricultural product in California.

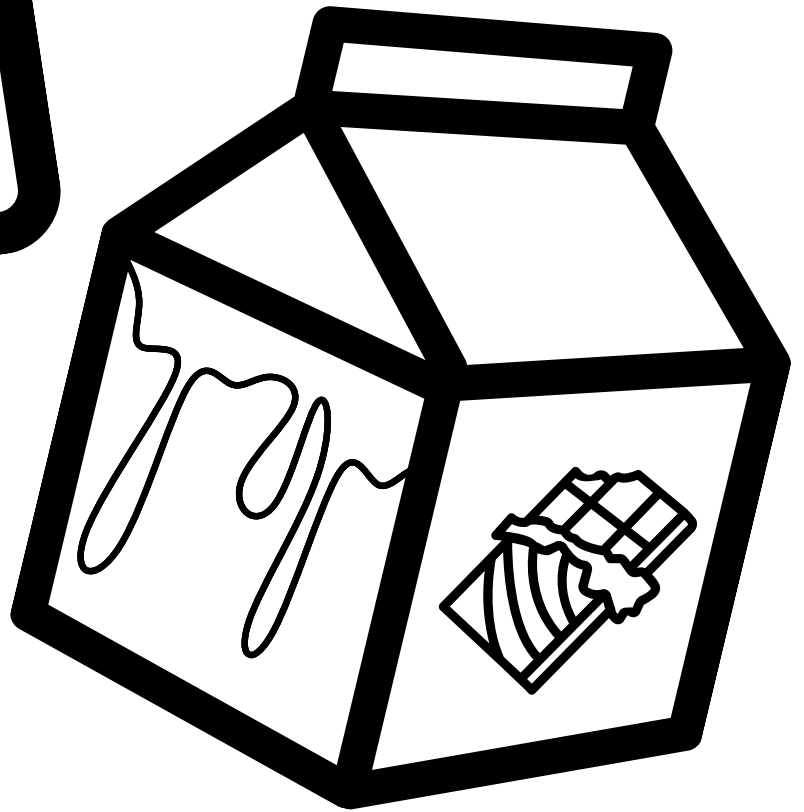
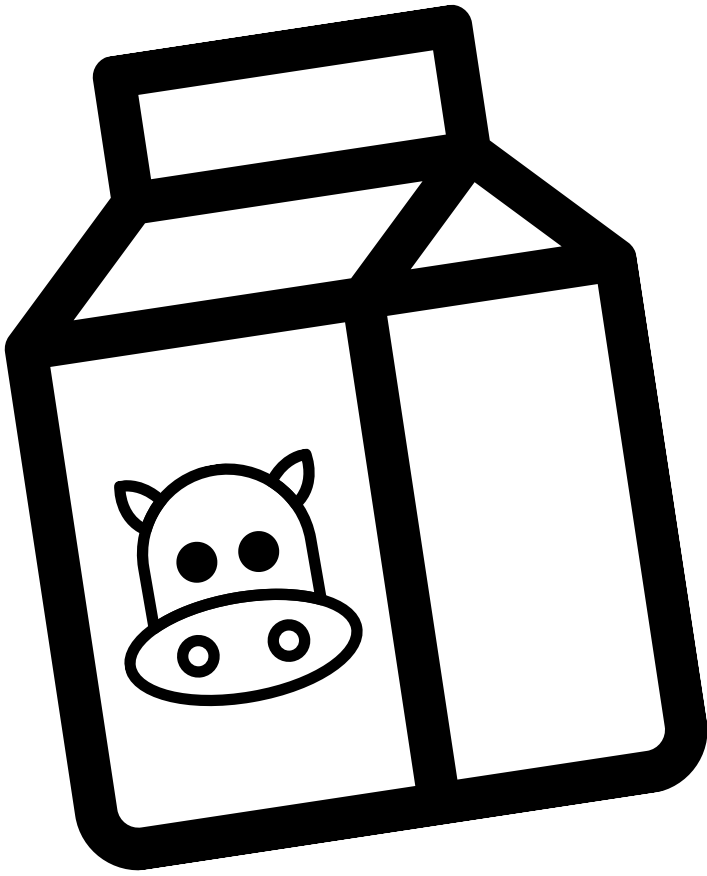


Pointer Finger = 1.5 ounces



One Fist = 1 cup





I drink school milk because

---

---

# Create Your Own Milk Carton

Celebrate World School Milk Day by creating your unique milk carton!  
Share your creations with us on social media by tagging  
[@HealthyEatingCA](#) on Facebook and Instagram.

## Materials Required:



Scissors



Crayons  
or markers



Tape or glue stick



## Directions to Make Your Own Milk Carton

1. Write your name at the top twice.
2. Get creative! Decorate your carton inside the dotted lined squares.
3. Cut along the solid lines, including the four boxes on the bottom.
4. Fold along the dotted lines.
5. Once assembled, secure with tape or glue.



Milk has important nutrients like calcium, protein, vitamin D and more. These nutrients and others work together to help your body grow healthfully, and develop strong bones and lean muscle.

Learn more at:  
[HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)



Name:

Name:



# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)



# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)



# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)



# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)





# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)



# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)



# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)



# World School Milk Day

September 25, 2024



I pledge to participate in the school meal program on September 25.  
I will enjoy drinking milk with my school breakfast or lunch!

**Student Name**

Learn more at [HealthyEating.org/WorldSchoolMilkDay](https://HealthyEating.org/WorldSchoolMilkDay)

