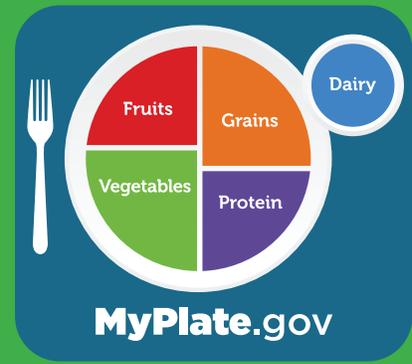


Nutrition Outreach



Why? To improve health and wellness in your school!

STEP 1

Plan how your team will promote healthy eating.

Use the Nutrition Outreach Guide for ideas and resources.

STEP 2

Promote your plan.

Make your plan known to others in your school.

STEP 3

Do it!

Whether your plan includes announcements, posters, or education, carry it out with enthusiasm! Take pictures and videos!

STEP 4

Celebrate and share your success.

Send your pictures and videos to chocolatemilk@milkmeansmore.org.

Who can help?

Coach • Athletic Director • Principal
Athletic Trainer • Food Service Team
Registered Dietitian

MILK
MEANS MORE

Nutrition Outreach Guide

Resources available at [MilkMeansMore.org](https://milkmeansmore.org).

What can I do?

Sports Nutrition 101

Present ways to eat healthy and fuel up for peak performance to another team: High school, middle school or youth.

Social Media

Use Instagram, Facebook or Twitter to post health and nutrition messages. Be sure to include [#milkmeansmore](https://milkmeansmore.org) in your posts. Here are some examples:

“Eating dairy is a great way to keep your bones healthy! It’s never too early, or too late, to make bone health a priority!”

“Today’s school lunch is _____. Be sure to grab a milk!”

“It’s Friday and, what makes Friday better? SCHOOL BREAKFAST!!”

“FUEL UP for performance with nutrition! Choose wisely to maximize your performance.”

Think Your Drink

Post flyers around your school to help your classmates make healthy choices when choosing beverages. A great rule of thumb is milk at meals and water in between! Find posters and flyers at [MilkMeansMore.org](https://milkmeansmore.org).

Posters

Create posters to encourage other athletes to rehydrate and refuel with chocolate milk.

School Morning Announcements

Inform your classmates on the importance of good nutrition, physical activity and choosing milk at school. Select a monthly nutritional theme for your announcements to engage and educate your classmates. Here are some examples:

Dairy foods are packed with nine essential nutrients including protein, vitamin D and calcium. Make dairy foods a part of your day – three times a day – by enjoying milk, yogurt and cheese!

Chocolate milk contains four essential nutrients: calcium, vitamin D, protein, and phosphorus. Did you know it also provides fluids and electrolytes to rehydrate and replenish critical nutrients lost during workouts?

Outside Speakers

Visit milkmeansmore.org for assistance.

- Invite a registered dietitian nutritionist to speak on the importance of nutrition.
- Invite a farmer to talk about local and seasonal foods.

Questions? Contact chocolatemilk@milkmeansmore.org.

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