



No Time To Train

JANUARY WORKSHOP

Make Milk #1 |

WARM-UP CHALLENGE

▶ **Question A:**

Why is milk a better choice than soda, juice, or even water for kids' school lunch?



Photo by iStock

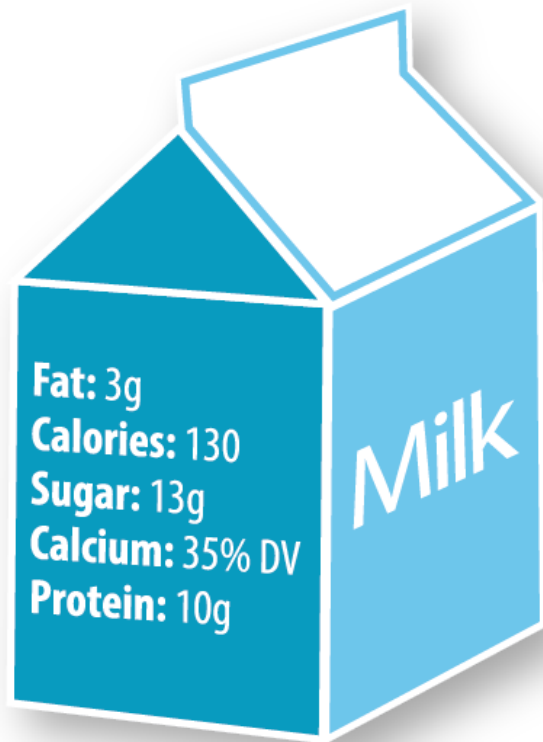
▶ **Question B:**

Why is white milk preferable to flavored milk?



Photo by Thinkstock

LET'S COMPARE



2% WHITE MILK



NONFAT CHOCOLATE MILK



LET'S IMPLEMENT!

- ▶ White milk in front of coolers, easily seen and reached
- ▶ 50% of milk is white milk
- ▶ Coolers clean and organized
- ▶ Signs and decorations



Photo courtesy of intersectionsouthla.org

For more ideas and free downloadable materials for your lunchroom, visit SmarterLunchrooms.org.



A form titled "Smarter Lunchrooms Action Plan". It includes fields for Name, School District, Email Address, and Meeting Location. There are sections for Internal and External communication, with checkboxes for various actions like "Submit success story for internal newsletter or staff email update" and "Share success story to social media website". A timeline section at the bottom asks "When will you complete this plan?" with options for 1 Month, 2 Months, 3 Months, and 4 Months.

A form titled "Smarter Lunchrooms Self-Assessment". It contains several sections with checkboxes, including "Have you had a meeting to discuss your lunchroom?", "Do you have a plan for your lunchroom?", and "Do you have a budget for your lunchroom?". There are also sections for "Improvement Goals" and "Next Steps".

