



FOR PARENTS

Elementary
School Edition



Go Low and get your kids excited about drinking low fat milk.

Why is this a good idea?

Because drinking 1% low fat or fat free milk is healthy and delicious.

Activities:

Smoothie Bar

Fruit fixin's make the best mix-ins! Show what you can do with 1% low fat and fat free milk by setting up a smoothie bar and getting creative. Below are some recipes to inspire you. They all make eight servings.

Directions: Place all ingredients into the blender and blend on high until it reaches desired smoothness. Pour into glasses – chilled if you have the time – and serve immediately. You can use fresh fruit in season or frozen fruit. If you have leftovers, you can freeze them in ice cube trays with toothpicks for popsicles later.

Monkey Milk

- 2 ²/₃ cup fat free milk
- 2 frozen bananas
- 1 ¹/₃ cup nonfat dry milk powder

Berry Good Beverage

- 2 cups fat free milk
- 2 cups fresh or frozen blueberries, strawberries or other fruit
- 1 cup low fat raspberry or other fruit-flavored yogurt

Orange Scream

- 2 cans (6 oz.) unsweetened frozen orange juice concentrate
- 4 cups fat free milk
- 2 teaspoons vanilla
- 20 ice cubes

Taste Test

Offer a blind taste test of 2%, fat free and 1% low fat milk, and see who can identify which is which. Be sure to use the Taste Test Booklet for ideas. Everyone may be surprised by the results! Who says low fat doesn't taste the same?



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Arizona Nutrition Network



Bowling for Calcium

Supplies:

- 10 empty half-gallon fat free or 1% low fat milk jugs
- 2 tennis balls or other soft balls
- Masking tape

Ask kids to bring empty jugs of fat free or 1% low fat milk from home. Place milk jugs in pyramid shape similar to bowling pins at one end of the game area with a line on floor for bowling that is 7-10 feet away from the pins. Each player knocks out “calcium servings” with milk jug bowling pins. The player who knocks down the most milk jugs wins.

Milk Jug Catch

Supplies:

- 20 gallon fat free or 1% low fat milk jugs with bottoms cut off to make scoops
- Tennis or other soft balls

Ask kids to bring empty fat free or 1% low fat milk jugs from home. Cut the bottoms off to make scoops, or “mitts.” Form two lines of players, with partners standing across from one another, three feet apart. Go down the line as partners toss the balls to each other, and must use milk jug scoops to catch the balls. Each time a catch is made, that team takes one step backward and continues into the next round. If one player misses the catch, that team is out. The last team standing wins.

Tongue Twister Contest

Challenge participants to say, “Mighty Mike mixes fat free milk in milk mixers” three times as fast as they can. The player who can say it the most times without jumbling the words wins. Everyone gets a certificate for playing.

This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-352-8401. This institution is an equal opportunity provider and employer.