

Tips to Pour One More



Easy ways to add one more serving of milk each day

Just add milk!

Every family has their own daily routine and milk can easily be a part of it. Experts recommend three servings each day, but most of us are falling short. Pouring one more serving of milk each day can help ensure that each member of your family gets the nutrients they need to be healthy and strong.

- Mom and dad's coffee – Make it a latté by adding lowfat milk. You'll get the bonus of nine essential nutrients your body needs.
- Post-workout quench – Lowfat chocolate milk has the right mix of carbs and protein to help athletes refuel.
- After-school snack – Smoothies make a great snack. A quick blend of fruit, ice and lowfat milk and your kids have a tasty nutrient-rich treat.

Milk on the go

Sometimes there aren't enough hours in the day, but you don't have to let the hustle and bustle take its toll on your family's nutrition.

- Breakfast in a flash – Have your kids set out the cereal bowls (and boxes) the night before. In the morning, pour on the lowfat milk for a nutrient-rich option in a hurry.
- Lunch on the run – Pack a single serve milk in your lunch bag and keep lunch cold with a reusable ice pack
- Dinner on the town – Remember, many restaurants offer lowfat or fat free milk (many even offer chocolate milk!).

Milk for all seasons

There are many ways to "pour one more" throughout the year.

- Winter – Warm up by the fire with hot chocolate made with lowfat milk; it's the perfect treat after a day of sledding!
- Spring – Celebrate mother's day by bringing mom a latte in the morning. What a great way to show her how special she is!
- Summer – Whip up a refreshing smoothie with lowfat milk and fresh fruit for a great way to beat the heat. Check out our [Recipes Section](#) for more ideas.
- Fall – Don't forget the Official Drink of Halloween, chocolate milk. It's a nutrient-rich treat in disguise.

Dinner

When you want to make sure everyone in your family is getting key nutrients, pour one more for everyone at the dinner table. Serving milk with meals is one of the best strategies to ensure that children and teens don't fall short of nutrients they need – which is particularly important during those critical growth years.