

For Staff:

Points to Cover on Healthy Milk Choices Handout

When: Starting September 29, 2014

What: Only 1% lowfat and nonfat milk will be choices for women and children 2-5.

Why: Since 1% lowfat and nonfat milk are healthy choices, Federal food programs like WIC, Head Start and School Lunch have switched.

What type of milk does the participant currently drink?

If 2% is the answer, refer to Tip for Switching on back page.

Participant states they don't like the taste of 1% or nonfat milk:

Refer to Tips and recipe on back page.

