12 Ways to dish out dairy

1 **Copy Cat:** Children imitate their parents. In fact, research concluded that the amount of milk consumed by moms is the strongest predictor of their children's intake. So drink up, Mom.

2 **Say Cheese Please:** For family movie night, toss cheddar cheese cubes in a bowl with hot air popcorn.

3 **Sneak It in:** Add milk instead of water when making oatmeal, hot chocolate, pancakes and soups. Your children will love the taste, and you'll love the added nutrients they'll get.

4 **School Days:** Encourage your children to drink milk at school. Research shows that if they miss milk at lunch, they're unlikely to make up for it the rest of the day.

5 **Choc' Full of Nutrients:** Chocolate milk is a favorite for children, and you can feel good about it, too. In addition to bone-building calcium, chocolate milk contains eight other essential nutrients that growing bodies need. And it tastes great hot or cold.

6 **On the Go:** The next time you make a fast food pick-up, order nutritious milk instead of soft drinks. Increase the value of "kiddie" meals by substituting milk.

7 **Fancy Fun:** Make milk-drinking special by serving it in a fun glass with a colorful straw that bends and wiggles.

8 **Make Milk Cool!** New, easy-to-drink, single-serve bottles of milk or smoothies are a cool and convenient way to make sure your kids get the calcium they need.

9 **Perfect Parfaits:** Enjoy cereal layered with fruit and creamy yogurt in a parfait glass.

10 **Shake it Up:** Team milk with fruit and crushed ice in the blender to create a tasty smoothie. Experiment by adding yogurt, frozen yogurt or ice cream.

11 **Fun with Flavors:** Stock up on syrups like chocolate, strawberry or butterscotch, and let children swirl their favorite into a glass of milk at mealtime. Or stock the fridge with a variety of milk flavors in the new, fun, single-serve containers.

12 **Milk with Meals:** Build good habits early by making milk the usual mealtime beverage. Moms can feel better about even the pickiest of eaters when children drink milk with meals.

For more ideas, visit www.southeastdairy.org

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