

# Core Nutrition Messages

## Milk Messages

Moms of Elementary-School-Aged Children (8-10)

**NEW!**



**There's no power like Mom Power.** You are a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them fat-free or low-fat (1%) milk and yogurt at meals and snacks.



**Milk Matters.** Children of every age, and adults too, need the calcium, protein and vitamin D found in milk for strong bones, teeth and muscles. Serve fat-free or low-fat (1%) milk or yogurt at meals and snacks.



**They're still growing.** Help your kids grow strong. Serve fat-free or low-fat (1%) milk at meals.