



DESIGN a SIDE PANEL

Design a side panel that promotes health or sustainability.

Winner's design could be printed on actual cartons.

Your design should be bold yet simple with no fine lines. Submit your design to your school's Food Service Director for a chance to be featured!



MYTH: MILK CAUSES MUCUS AND CONGESTION

This is a persistent myth, but studies have shown that milk does not cause mucus production or congestion.

MYTH: DAIRY IS UNHEALTHY

Dairy products are a good source of essential nutrients like calcium, vitamin D, and protein. While some individuals may have lactose intolerance or allergies, for those who can tolerate dairy, it can be a valuable part of a balanced diet.

MYTH: MILK IS FATTENING

Milk, including full-fat options, is part of a healthy, balanced diet. Full-fat milk is not necessarily fattening, and low-fat options are also available.

MYTH: DAIRY CAUSES ACNE

There is no conclusive evidence that dairy products cause acne.

MYTH: DAIRY IS INFLAMMATORY

For individuals without a dairy allergy, dairy products are generally considered to have a neutral or even anti-inflammatory effect.

MILK SLOGAN THROWDOWN

Come up with a catchy slogan to promote milk at your school.



Turn in your completed sheet to your school's Food Service Director!