



FOR PARENTS

Preschool Edition



Go Low and get your kids excited about drinking low fat milk.

Why is this a good idea?

Because drinking 1% low fat or fat free milk is healthy and delicious.

Activities:

Do the Milkshake!

1% low fat and fat free milk is so healthy and delicious, doesn't it just make you want to dance? First, make a list of the benefits of 1% low fat and fat free milk on a blackboard or butcher paper so every child can see it. Then add a scoop of each child's milkshake flavor of choice (flavored powder in chocolate, vanilla or strawberry) to a water bottle filled with 1% low fat or fat free milk. Put the cap on tightly, and have the kids shake, shake, shake their milk. Ask them to make up dances and songs that sing the praise of 1% low fat and fat free milk. Then, everybody enjoy the milkshakes!

Do the Switcheroo!

Turn on some upbeat music and divide the children into two teams: One team is "fat free milk" and the other team is "1% low fat milk." Have an adult call out the name of one team and they start dancing. Then the adult calls out "Switcheroo!" The team that was dancing stops and the other team starts. The idea is for each team to try and out-dance each other. When the adult calls "stop," he or she should explain that everyone wins, because that's what happens when you make the switch to 1% low fat and fat free milk!

Do the Moo!

Have a contest where kids are timed to see who can moo the longest. Congratulate the one who moos the longest and have lots of cups of 1% low fat and fat free milk to clear their throats!

Aim Game

Ask the kids to bring empty cartons of 1% low fat and fat free milk to school. When a collection has been amassed, announce that you're playing a game. Arrange the empty cartons in a line. Make "rings" by connecting straws. Stand back and take turns seeing how many rings the kids can get around the cartons.



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Arizona Nutrition Network



Make a Milk Carton Bird Feeder

You don't need to buy fancy bird feeders to feed your backyard friends. Ask the kids to bring small cartons of empty 1% low fat and fat free milk cartons from home.

You'll need:

- Small fat free or 1% low fat milk cartons
- Non-toxic poster paints
- Stapler and staples
- Hole punch
- Yarn or string
- Bird seed

1. Wash and thoroughly dry the milk carton.
2. Cut a small section from the carton and staple the top opening closed.
3. Paint the container and let it dry. Get creative – glue popsicle stick shingles onto the roof, make it colorful, or design it to blend in with nature by gluing tree leaves onto it or painting it brown like tree bark.
4. Cut out a doorway large enough for a bird.
5. Poke a hole in the middle of the top of the carton, and thread a piece of yarn or string through it to use as a hanger.
6. Add birdseed and hang the feeder.

Cowbell Bib / Necklace

Cut out a big cowbell shape from a piece of construction paper and write your name on it. Wear it like jewelry as you enjoy a 1% low fat and fat free milk snack while learning about the benefits of these milks.

This material was funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-352-8401. This institution is an equal opportunity provider and employer.