October

Corse Farm
Whitingham, VT

CELEBRATION MOMENTS

National Farm to School Month
National School Lunch Week
National Taco Day (10/7)
National Farmers Day (10/12)

FOOD FOR THOUGHT

10 School Milk Facts & Sustainability in the Dairy Industry

CLASSROOM CONNECTION

Meet our New England dairy farmers: Profiles by State

FOR YOUR MENU

DAIRY JOKE: Why did the cow cross the road? To get to the udder side!
FUN FACT: Cows produce an average of 6-8 gallons of milk per day
RECIPE: Taco Stackers or Fish Tacos

FREE STUFF

Milk Is Local Bookmark and Pencils
Discover Dairy Activity Book

SOCIAL MEDIA POST TEMPLATES

*Your own photos are best. If needed, these images from our **photo gallery** are approved for school use.*
If you use one of our posts, please tag us @NewEnglandDairy so we know this resource is helpful.

- It's #NationalFarmToSchoolMonth and we are thankful for all the farmers that supply us with food to serve to our students. Shout out to the local farms that provide our milk and *[Insert other local foods on your menu]*. Learn more about dairy farms in our state at https://www.newenglanddairy.com/meet-the-farm-families/ *[Insert image of food or farmer]*

- Today is #NationalTacoDay! Tacos are a quick and easy way to incorporate vegetables, dairy, and protein into a meal or snack. Topping tacos with cheese adds high-quality protein, calcium, and tons of flavor. Learn more about the history of tacos. *[Insert link https://www.spanish.academy/blog/the-origin-and-history-of-mexicos-most-famous-food-the-taco/][Insert photo of your school's tacos]*

- It's #NationalSchoolLunchWeek! Schools across the country are part of the biggest restaurant chain in the country, serving up healthy meals and fueling students' brains and bodies since 1946 through the National School Lunch program. *[Insert link to your website] [Insert photo of staff member holding a full school lunch tray]*

- Celebrate #NationalFarmersDay by thanking a local farmer. Hundreds of New England Dairy farms are committed to nourishing their local communities with milk and our favorite dairy foods. https://www.newenglanddairy.com/meet-the-farm-families/ *[Insert photo of farmer or cows]*

Find ideas for November by visiting our School Meals page

New England Dairy