



# Social Media & Newsletter Content Ideas

## For Parents Audience

Every school meal includes the option of low-fat (1%), fat-free, and lactose-free milk. Children and teens need the calcium, protein, and vitamin D found in milk for strong bones, teeth, and muscles. Encourage your child to grab milk with their school meal today!

<< District/ School Name >> offers lactose-free milk and other low-lactose dairy foods so all students can benefit from the nutrition found in dairy. If your child needs lactose free milk or other foods, give us a call at < >.

## Generic and Student Audience

Lactose-free milk is available for all.

Our [menu item] made with [low lactose cheese option, yogurt, or lactose-free milk] is available for [meal served].

Lactose-free milk is created from real cow's milk by breaking down lactose, a natural sugar in milk, into simple sugars making it easier for those with lactose intolerance to digest. Some dairy foods are naturally low in lactose. Learn more at: [tinyurl.com/LIContinuum](http://tinyurl.com/LIContinuum).

Remember to grab milk (regular or lactose-free) with your school meal today! The nutrients in milk build strong bones, teeth, and muscles. Plus, one serving has 8 grams of high-quality protein.

If milk upsets your stomach, ask for lactose-free milk in the cafeteria. It has the same nutrition as regular milk, just without lactose.

## Image Suggestions

A carton of lactose free milk as part of a reimbursable meal from your school.