



SAME ESSENTIAL NUTRIENTS

LESS SUGAR

HEALTHY KIDS

IDFA Healthy School **MILK**

Commitment

The Healthy School Milk Commitment

America's dairy companies are committed to supporting families and students in their efforts to maintain a healthy diet and lifestyle. Nearly 30 million children and adolescents participate in federal school meal programs, including breakfast and lunch. Dairy and milk play a central role in school meals by providing 13 essential nutrients students need for healthy growth and development. Milk is the top source of calcium, potassium, phosphorus, and vitamin D in kids ages 2-18, and flavored milk is just as nutritious as white milk. As parents, policymakers, and nutrition professionals support making more milk options available with less added sugar per serving, the International Dairy Foods Association (IDFA), on behalf of America's school milk processors, is leading a voluntary effort to reduce added sugars in school milk by the 2025-2026 school year.

Same 13 Essential Nutrients. Less Sugar. Healthy Kids.

Beginning with the 2025-2026 school year, flavored milk processors commit to providing school milk options with no more than 10 grams of added sugar per 8 fluid ounce serving. In fact, flavored milk products offered today contain an average of just 8.2 grams of added sugar per serving. This effort, known as the Healthy School Milk Commitment, aims to deliver milk's 13 essential nutrients to America's students while reducing

calories and added sugars in flavored milk. The Healthy School Milk Commitment combines our industry's passion for product innovation with a long-standing promise to provide healthy, nutritious dairy options to schoolkids everywhere. This includes developing new and reformulated milks with less added sugar and working with school meals professionals and nutrition professionals to educate school staff and students about the benefits of healthy milk options in the diets of children and adolescents.

Among milk options available in schools, low-fat flavored milk is the most-consumed beverage option for students regardless of grade. The Healthy School Milk Commitment ensures students will continue to have access to healthy dairy options consistent with the federal Dietary Guidelines for Americans.

The most recent Dietary Guidelines for Americans report is clear: children are not receiving enough essential nutrients for growth, development, healthy immune function, and overall wellness. Healthy milk and dairy options in school meals—including lactose-free and reduced-lactose options—are the most important opportunity of the day for children to get the critical nutrients they need. For years, parents and nutrition professionals have agreed that milk and dairy products must remain key building blocks in school meals. The Healthy School Milk Commitment affirms that promise and assures parents and students that healthy milk options will remain on school meal menus for decades to come.

Learn more about the Healthy School Milk Commitment.

www.healthyschoolmilk.org



IDFA
International
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SCHOOL MILK NUTRITIONAL BENEFITS

- ✓ **13 essential nutrients**, including high-quality protein, calcium, phosphorus, vitamin D, and potassium
- ✓ **3 of the 4 nutrients of concern**, as identified by the Dietary Guidelines for Americans
- ✓ **Number one source of protein**, vitamin D, calcium, and potassium in the diets of children ages 2-18
- ✓ **Better bone health** and lower risk for type 2 diabetes and cardiovascular disease
- ✓ **Flavored milk contributes just 4% of added sugars in the diets of children 2-18 years**, while unflavored milk contains no added sugars
- ✓ **Children who drink flavored milk** consume more milk and have significantly higher intakes of vitamin D, calcium, potassium, and other nutrients

The following dairy companies have signed on to the Healthy School Milk Commitment.



Learn more about the Healthy School Milk Commitment.

www.healthyschoolmilk.org



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