

Welcome to Family Body & Mind Night!
Redeem this coupon for a
FREE cheese stick! 😊

Nutrition Fact: Recent statistics show that 75% of Americans do not get enough calcium in their diets.

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Nutrition Fact: Milk, including flavored milk, offers a powerful package of calcium and eight other essential nutrients.

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Nutrition Fact: There are no other foods that pack the nutrition punch of milk and dairy foods in such a great-tasting, affordable package.

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Nutrition Fact: Studies show that nothing beats dairy's benefits to good health.

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Nutrition Fact: Enjoy 3-A-Day™ of Dairy – three servings of milk, cheese or yogurt each day – by choosing healthy, grab-and-go dairy snacks at school, at home and on the road.

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Nutrition Fact: Nutrition guidelines from The Guide to Good Eating recommend 3-4 servings of dairy per day as part of a healthful diet.

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Nutrition Fact: Milk is the most nutrient-rich beverage available.

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Nutrition Fact: Recent studies have shown that the nutrients in milk and dairy foods are effective in preventing certain cancers and reducing and preventing high blood pressure.

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Nutrition Fact: This new scientific research provides even more evidence that milk and dairy foods are a great value for consumers' tight food budgets.

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Nutrition Fact: Cheese is a nutrient dense food that provides high quality protein; vitamins such as A, riboflavin and B12; and minerals such as calcium, phosphorus and zinc.