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### **Nutritious, Portable Dairy Snacks Help Kids Get on their Way to 3-A-Day™ of Dairy**

As summer schedules heat up, help make sure your kids get on their way to 3-A-Day™ of Dairy – 3 servings of milk, cheese or yogurt each day – by choosing healthy, portable dairy snacks at home and on the road.

**Have It Your Way®:** Choose Hershey®'s low-fat (1 percent) white or chocolate milk in fun, 8-ounce resealable plastic bottles at BURGER KING® RESTAURANTS. It offers great taste that kids love and nine essential nutrients to help build stronger bones and healthy bodies.

**Bag It:** A recommended serving of natural cheese is 1.5 ounces, or about the size of three to four dice-sized cubes. Place single portions of mini pretzels, popcorn, nuts and cheese cubes in plastic, resealable bags for mess-free snacking at the beach, park or in the car.

**Chill Out:** Pour low-fat flavored yogurt such as strawberry, peach and vanilla into an ice cube tray or small paper cups, insert toothpicks or wooden popsicle sticks and freeze for a cool backyard treat.

**Package Makes Perfect:** It's easy to get a grip on nutrition with road-trip ready dairy foods, such as drinkable yogurt and single-serve milk in plastic bottles. They fit nicely in small hands and cup-holders for on-the-go sipping.

**Afternoon Energizer:** Pack a cooler with cheese cubes, string cheese, whole grain crackers and fresh fruit for nutrient-rich snacks that pack a powerful energy punch for active families.

**Tropical Smoothie:** Blend slices of orange and banana, low-fat plain yogurt and ice cubes for a poolside pick-me-up.

**Flavorful Cravings:** Satisfy a chocolate craving the healthy way with a single-serve low-fat chocolate milk, which provides the same essential nutrient package as white milk. A survey found that kids consumed more milk when it's served cold in plastic bottles and offered in a variety of flavors.<sup>1</sup>

**Dairy Domain:** Check out [3aday.org](http://3aday.org) for more delicious snack ideas that are perfect for families on the *moo-ve* this summer and to learn about other nutritious dairy options available on drive thru menus.

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<sup>1</sup> Roper ASW (2002). *School Milk Pilot Study: Sales Test*, September 2001-June 2002, Dairy Management Inc. and American School Food Service Association, Unpublished.