

DAIRY HOLIDAYS TOOLKIT

COPY & DOWNLOAD:

Use the suggested posts below to share the resources in this toolkit on social media during various “dairy holidays.” The text can also be adapted for websites and digital newsletters. [Click here](#) to download pictures to promote the resources.

TAG & SHARE:

Don't forget to tag us **@ADAMideast** on Facebook and Twitter!



September 27, 2022: National Chocolate Milk Day

Happy #ChocolateMilkDay! Chocolate or flavored, learn from @ADAMideast about how all cow's milk has the same nine essential nutrients and helps build strong bones and bodies.

<https://bit.ly/31AyXTr>



September 28, 2022: World School Milk Day

Today is #WorldSchoolMilkDay! Whether your kids are at school or at home, @ADAMideast has dozens of free, downloadable resources for kids to learn about dairy's journey from farm to fridge.

<http://bit.ly/1PIWQCS>



May 2020: American Cheese Month

What are your favorite ways to eat cheese? Try these healthy pairing ideas from @ADAMideast to mix up your cheesy snacks during #AmericanCheeseMonth!

<https://bit.ly/2zH8E2q>



October 12, 2022: National Farmer's Day

On #NationalFarmersDay, learn from @ADAMideast about Ohio and West Virginia dairy farm families who work hard to provide nutritious milk to schools and communities every day.

<http://bit.ly/1lodEw5>



November 12, 2022: National Pizza Day

This #NationalPizzaDay try @ADAMideast's Cheesy Pizza Pinwheels! These easy pinwheels make the perfect snack or lunchbox meal.

<http://bit.ly/22l2k1m>



December 13, 2022: National Cocoa Day

Pour a steaming mug of hot cocoa on #NationalCocoaDay! Check out @ADAMideast's six delicious recipes — all made with real milk!

<http://bit.ly/2iFnwQN>



January 11, 2023: National Milk Day

Happy #NationalMilkDay! Get your kids thinking about milk in a whole new way with these fun experiments from @ADAMideast.

<https://bit.ly/2MhaNVj>



January 20, 2023: National Cheese Lovers Day

Hey cheese lovers! Don't let extra or leftover cheese go to waste! On #NationalCheeseLoversDay, learn @ADAMideast's tips about how to store different types of cheeses to help maximize and maintain freshness.

<http://bit.ly/1WtPyyK>



January 31, 2023: National Hot Chocolate Day

Kids will love celebrating #NationalHotChocolateDay with @ADAMideast's Strawberry White Hot Chocolate, made with real milk! Try making your own homemade whipped cream, too!

<http://bit.ly/2EQQWr7>



March 2023: National Nutrition Month

#DYK that an 8 oz serving of milk has nine essential nutrients? Learn more about dairy's health benefits from @ADAMideast during #NationalNutritionMonth!

<https://bit.ly/34OU7Jt>



March 6-10, 2023: National School Breakfast Week

During #NationalSchoolBreakfastWeek, find out why breakfast is so important for kids from @ADAMideast!

<https://bit.ly/3B8DIVP>



April 12, 2023: National Grilled Cheese Sandwich Day

For #NationalGrilledCheeseSandwichDay, follow @ADAMideast's five steps to create the perfect grilled cheese using ingredients you have at home!

<http://bit.ly/2pHdSoS>



June 2023: National Dairy Month

June is #NationalDairyMonth! Learn about the seven most common breeds of dairy cows and what makes each kind special from our friends at @ADAMideast.

<https://bit.ly/3B8DIVP>
<https://bit.ly/2CYL5LH>



June 1, 2023: World Milk Day

On #WorldMilkDay, use @ADAMideast's handy guide to find out where the milk and other delicious dairy products in your fridge are from, it may be closer than you think!

<https://bit.ly/2N8VWfX>



July 2023: National Ice Cream Month

Make ice cream at home with just five simple ingredients in a resealable plastic bag during #NationalIceCreamMonth! Find out how from @ADAMideast.

<https://bit.ly/3b6cqz4>



July 14, 2023: National Mac and Cheese Day

Today is #NationalMacAndCheeseDay! Sneak some veggies into kid's diets with Cauliflower Mac and Cheese Bites from @ADAMideast.

<http://bit.ly/1OWFbQC>

QUESTIONS?

Contact your area representative!

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