



Youth Wellness and Agriculture Education are key areas of focus for the American Dairy Association Indiana. Our team works with schools throughout the state to support their health and wellness efforts as they relate to food service, nutrition education, and fun resources. Below are just a few ways that our team can support your school!

Educator Resources - Activities, videos, and materials connected to Indiana Academic Standards that can be used individually or integrated into your current lesson plans! Resources include nutrition education, physical fitness, dairy farm sustainability and more, specifically reviewed for grades 3-8 but can be used otherwise! Visit winnersdrinkmilk.com/schools/resources/.

Grants - Throughout the year, grants support efforts to grow school breakfast and lunch participation and dairy sales. We've funded new coolers, smoothie kits, smoothie bikes, insulated bags, mobile meal carts & more! Check out current grant opportunities by visiting winnersdrinkmilk.com/schools/grants/

Recipes - Visit winnersdrinkmilk.com/recipes/ for dairy rich recipes from "Seriously Amazing Mac & Cheese" to delicious yogurt smoothies and everything in between!

Virtual-Farm-Tours...& other educational videos! - Each semester, free live dairy farm tours bring the class to an Indiana dairy farm for 30-45 minutes to see the care that cows receive and meet the farm families that produce nutritious dairy foods. Find past tours on our website at winnersdrinkmilk.com/virtual-farm-tour/ or use the QR code to search among many fantastic videos via our YouTube playlists!



Adopt-A-Cow - Adopt a Cow pairs a class with a calf from an Indiana dairy farm. You'll receive growth information and exciting updates such as photos, live chats from the farm, activity sheets, suggested lessons that follow Common CORE standards, and opportunities to write letters to your calf! Registration is open from May–mid-September. Register for the next school year through Discover Dairy at www.discoverdairy.com/adopt-a-cow/.

Get Inspired, Get Connected - Sign up for regular Newsletters from the American Dairy Association Indiana. Get updates on resources, grants, programs, and fun contests along the way!



We are here and ready to support you!

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