

Across Virginia,  
great things are happening  
with school nutrition...  
and we're always here to help.  
Look to The Dairy Alliance for support  
and training, new ideas, valuable  
resources or just a helping hand  
in your ongoing efforts to get  
students the nutrition they need.  
A few of our hottest ideas are inside!

## NUTRITION AND REWARDS!

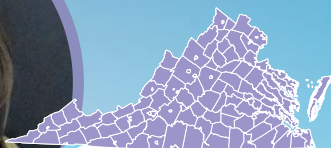


For a chance at something special, go to  
[www.SchoolMessageInABottle.com/Virginia](http://www.SchoolMessageInABottle.com/Virginia)  
or scan the QR code on the back of this brochure.  
**ACT FAST!**

If you're among the first 10 districts to  
book a Training Session with a representative  
from The Dairy Alliance, you'll receive a special  
gift bag with NFL and dairy swag, just for you.  
Talk with us about it today!



## HERE'S THE MAIN MESSAGE — WE'RE HERE TO HELP!



Learn more!



Enter for a chance  
to win!

With over 18 years of  
school nutrition experience,  
youth wellness specialist **Roseann Liberatore** is ready  
to help you reach students with good nutrition through-  
out the school year. Contact her anytime for technical  
assistance, staff training and funding opportunities.

You can learn more about all the topics addressed here  
by simply scanning the QR code above. It will take  
you to [www.SchoolMessageInABottle.com/Virginia](http://www.SchoolMessageInABottle.com/Virginia),  
where you'll find more details, the latest updates and  
a chance at the gift bag!

**Roseann Liberatore**  
Manager of Youth Wellness  
757.803.7057  
[Rliberatore@thedairyalliance.com](mailto:Rliberatore@thedairyalliance.com)



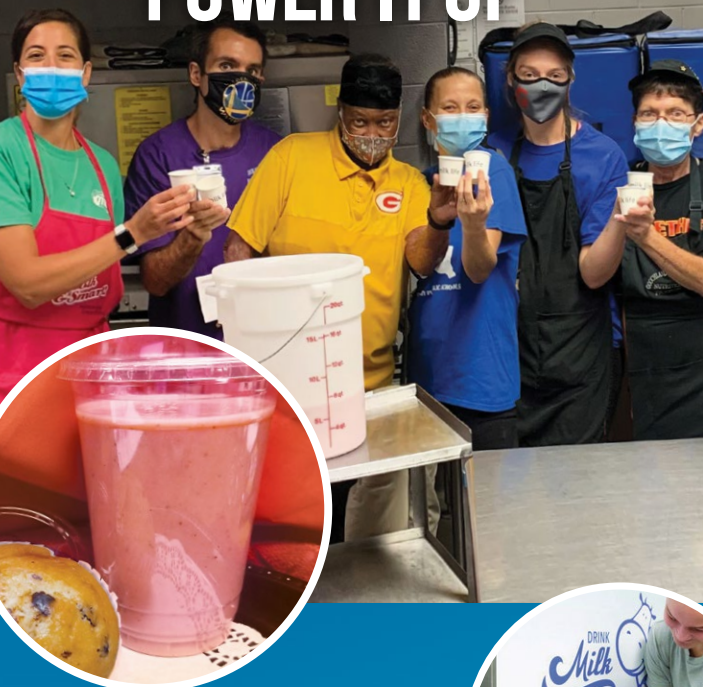
## Message in a Bottle

# HELP IS ON THE WAY FOR SCHOOL NUTRITION SUCCESS!





# SMOOTHIES POWER IT UP



**NEW!** Smoothies can boost meal participation up to 15% while providing a nourishing beverage that helps to satisfy hunger and promote learning. Smoothies are not just for breakfast anymore! You can now serve delicious, nutritious smoothies to students and get credit for the fruits, vegetables, and yogurt thanks to updated USDA (United States Department of Agriculture) guidelines.

## TRAINING TIPS

### **Virtual or in-person training**

**Our team is ready to help!** Training sessions are available virtually or in person for your staff, and a .5 CEU certificate will be awarded for each one. We can even provide smoothie sampling for your students when you choose onsite training! Support, training and funding is available for these popular programs: **Dairy: Good for Me, Good for the Planet;** **Strive for 35** and the exciting **Smoothie Program**.



# MILK DISPENSERS



The next cool thing for milk – both white and flavored – is dispensers! Research supports students want variety, a great meal experience and innovation. Finding a NEW way to deliver tasty ice-cold milk is ideal for school meal programs. Consider Milk Dispensers – a solution for preserving the fresh, ice cold tasting milk students love while decreasing overall carton waste for your school meal program.

DRINK  
*Milk*  
PLAY  
*Hard*

### **Schools are excited about milk dispensers!**

*"The Dairy Alliance provided grant funding to support milk dispensers for our middle school along with decorative magnets to merchandise the milk dispenser. The dispensers have been a fantastic addition to our program and an innovative way to offer ice-cold milk to secondary students. A win-win to have students fuel up with milk with their school meal!"*



**Colder, fresher-tasting  
milk and less waste**

Bruce Davis  
Prince Edward County (VA) Schools