

Shake Stuff Up With Milk!
Newsletter Article/Flier

Get the word out: Milk is going to Shake Stuff Up in your cafeteria during your promotion! Here is copy for a School Newsletter article or a flier, geared toward students, to promote the fun and flavorful benefits of drinking milk. Use the copy as is, or as a guide to create your own copy to generate a healthy enthusiasm for milk, in and out of the lunchroom.

Shake Stuff Up With Milk

Are you ready to Shake Stuff Up? Shake Stuff Up With Milk, that is! Starting {fill in dates}, we're having a weeklong milk promotion in the cafeteria and around the school that you won't want to miss.

You'll be able to Shake Stuff Up with flavor. Do you crave chocolate? Are you sweet on strawberry? Or, maybe you like white milk best? Whatever your mood, milk has a flavor to match your style.

Here's the information on milk as you are Shaking Stuff Up! Milk is the smart drink. With calcium and 8 other essential nutrients to keep your body strong, milk is a powerful nutritional package that helps you play harder and study smarter. Yep, it's as simple as you need **Energy In** to fuel that **Energy Out!** So, Drink It All In and get going!

Since milk never loses its cool, no matter what time of the day, we've planned activities so you can "shake it" in the morning, during or even after-school. Check out the schedule and get ready to Shake Stuff Up!

(Day, Date, Time, Location)	(Activity)
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P.S. While you're drinking milk, watch out for school nutrition staff with cameras on the lookout for photo ops. You just might find your smiling face in a poster!