

WHAT'S IN YOUR GLASS OF MILK?

AFFORDABLE + NUTRITIOUS + ACCESSIBLE

AFFORDABLE

Only **\$0.26** per serving!

Get the recommended 3 servings of dairy a day for **under \$1.00**.

NUTRITIOUS

Milk contains essential nutrients like high-quality protein, calcium, vitamin D & more.

ACCESSIBLE

You can buy milk at local grocery or convenience stores all year long!



AMERICAN DAIRY
ASSOCIATION NORTH
EAST

americandairy.com