

Nutrition Education Group Class Leader's Guide

Milk Matters

OBJECTIVES:

1. Learn how to select WIC authorized milk when shopping at the store.
2. Learn the type of milk their family members need and the recommended amounts.
3. State one health risk associated with too much saturated fat.

MATERIALS & EQUIPMENT:

- *Test Your Milk Knowledge* and *Milk Facts* handouts
- Dairy Council handout (if your agency decides to use one). Dairy Council handouts may be ordered free directly from the source*:
 - *National Dairy Council: www.nationaldairycouncil.org
 - *United Dairymen of Idaho: <http://idahodairy.org>
- Empty milk cartons
- Pens or pencils – one for each participant
- *Milk Matters Class Evaluation* forms
- Flip chart, marker
- *WIC Connects One-to-One with Milk!* staff counseling guide (just one copy for you to review)

*Thanks to Arizona WIC Program for sharing their electronic handout masters.

SET-UP:

Set up several milk carton stations around the room. There should be one station for every 2 or 3 people in the class. Each station is to have at least four empty milk cartons of the following (one of each):

- whole milk
- 2% milk
- 1% milk
- fat free milk (or skim/non-fat)

PLANNING NOTES:

- Read through the entire lesson prior to teaching class.
- Starting October 1, 2014, women and children 24 months and older can purchase 1% or fat free (skim) milk with their WIC benefits (*2% milk is no longer authorized for standard food packages*).
- Background information:
 - 1% and fat free milks are not “watered down.” Whole milk and 1% milk both are about 85% water. The difference is the fat content. The water, vitamin, mineral and protein contents are the same.
 - Milk contains saturated fat and cholesterol; the intake of both plays a part in the risk of heart disease. Limiting saturated fat and cholesterol intake helps reduce the risk of heart disease. This is the primary reason 1% or fat free milk is recommended – it contains all the vitamins, minerals and protein without the additional fat and cholesterol.
 - Refer to the *WIC Connects One-to-One with Milk!* staff counseling guide for key nutrition message ideas and participant centered counseling tips.
 - Lactose Intolerance – the inability to digest lactose, the primary sugar in milk. Lactose intolerance is indicated by gas and bloating after milk consumption. Most people who are lactose intolerant can still tolerate milk in small doses, when taken with other foods, and can tolerate certain types of cheese and yogurt.
 - Milk allergy – is an immune response/allergic reaction, such as sneezing, coughing, nausea, vomiting, diarrhea, hives, and other rashes, caused by milk protein. Unlike food intolerances or sensitivities, the best treatment for a food allergy is to avoid the food (unless advised otherwise by an allergy specialist).
- Making the class participant centered:
 - Prior to leading the class, spend time reflecting how you can make the class participant centered. Read through this leader’s guide and think about where you might use open-ended questions (example questions are listed in the outline below), affirmations (affirm participants for their comments/answers during the session), reflections (acknowledge when the group seems apprehensive, excited, unsure, confident, etc.), and summarizations (summarize key ideas and discussion points). At the conclusion of the class, have participants think about their personal “next step” – will they make any change or do anything differently as a result of taking this class?

INTRODUCTION & ICE BREAKER:

Let participants know they'll be learning about milk and this will be a hands-on lesson. Before progressing with the lesson, do **one** of the icebreakers below:

- **What are some of the things you take into consideration when you're buying food for your family?**
- **How many of you look at food labels when shopping? What do you look for when you read the food labels?**
- **Has anyone heard that WIC is offering 1% and fat free (skim) milk? What are some reasons you think WIC is offering these types of milk?**
- **Before we start, let's go around the class and share our first names, children's age(s) and tell one or two words that come to mind when you think of "1% or fat free (skim) milk."**

ACTIVITY - PARTICIPANTS VISIT A MILK STATION

Pass out a *Test Your Milk Knowledge* form and pen (or pencil) to each adult in the class. Instruct the adults to go to one of the milk stations and look at the milk cartons there to help them answer the questions on the form (have 3 or fewer adults at each station). Participants may sit back down once they're finished completing the form.

Note: An additional activity that could be done during this class is having a milk taste test. Participants would taste a sample of different types of milk in unlabeled small cups (use different colored cups so you can identify the type of milk). Have participants guess which colored cup contains which type of milk. This can be done with four milks (whole, 2%, 1% and fat-free) or it can be done with two milks (2% and 1% - since people usually have the most difficulty telling the difference between these two milks).

DISCUSSION

Once everyone has had the opportunity to visit a milk station, have the participants come back together for a discussion of the answers.

- Explain that beginning October 2014 WIC will be offering 1% or fat free (skim) milk for women and children age 2 years and older. This discussion is to help provide information and answer questions.
- Review the *Test Your Milk Knowledge* questions one at a time asking the group for their answer. The correct answers are:
 1. E
 2. C
 3. D
 4. C
 5. False
 6. 1% or fat free milk

- Hand out the *Milk Facts* page to each adult in the group and summarize the key messages.
- If you're also using a Dairy Council handout, give it to the group at this time.

“Why switch to 1% or fat free milk?”

Example answers:

- Too much saturated fat can increase blood cholesterol which can build up and clog arteries.
 - Arteries are the blood vessels that carry blood away from the heart. When arteries get clogged and blood can't flow through them it can cause a heart attack or stroke.
 - Cholesterol build up in arteries occurs over many years and usually begins in childhood. (*Consumer-tested USDA core nutrition messages:*)
 - There's no power like Mom Power. You're a positive influence in your children's lives. Help them develop healthy eating habits for life. Offer them 1% or fat free milk.
 - Mom is a child's first teacher. You teach by doing. Every time you drink 1% or fat free milk you're giving your kids a lesson in how to eat for better health. It's a lesson they can use all their lives.
- Use the questions below to get participants discussing what they learned from the activity. Depending on how talkative the group is, a couple of questions may be enough to generate a discussion.
 - **What is one thing you learned from the milk station activity? What is one thing that surprised you?**
 - **Who plans to change the type of milk they drink, based on the information in the class? What change will you make?**
 - **How many of you already drink 1% or skim milk? Why do you choose to drink that type of milk? What did you do to make the change to 1% or fat free milk? What are some things a person can do to gradually make the change?**

Talking points:

If your family needs help making the switch, do it gradually:

Start by mixing whole or 2% milk in a glass with a small amount of 1% milk.

Over a week or two, slowly mix in more 1% milk while decreasing the amount of whole or 2% milk in the glass.

Repeat the process until it's all 1% milk in the glass.

Another option is to use 1% or nonfat milk in recipes rather than drinking it plain. What ideas do you have for using milk in recipes?

- Prepare snacks and meals together. One idea is to make smoothies. Blend together milk, your child's favorite fruit or 100% fruit juice, and fat free yogurt.
- Add milk to some of your child's favorite foods, such as soups and oatmeal. For example, make creamy tomato soup instead of classic tomato soup by adding milk.
- Make it fun. Help your child put a scoop of cut up fruit in a bowl. Add milk with a touch of vanilla extract. Then add whole-grain cereal on top for some crunch. Kids love this tasty and healthy snack.
- Keep it quick and easy. Pour milk over whole-grain cereal.

- Keep milk in the refrigerator for snacks. A frosty glass of milk tastes great and is an easy way to refuel kids after play.
- Make it special. On cold days, enjoy hot milk with cinnamon and a touch of vanilla extract.
- Make scrambled eggs with milk.
- Use milk to make sauces.
- Prepare instant pudding mix with milk and spoon over sliced fruit.
- For a treat, make a milkshake, hot cocoa or flavored milk.

(For additional talking points please refer to the *WIC Connects One-to-One with Milk* staff counseling guide.)

What questions do you have?

Will you make any change or do anything differently as a result of taking this class? If yes, how will you do it? Distribute the class evaluation forms. Encourage participants to complete the form and turn it in when exiting the class.

In Conclusion:

WIC cares about you and your family. WIC is here to support you and your children with nutritious tasty foods for well-being and health. Thank you for participating in our class!

After the Class:

Document class attendance in the participant's chart in WISPr. Document the participant's goal (see second question on the evaluation form) in the participant's chart.

Milk Matters Class Evaluation

Name: _____

Date: _____

What is the most helpful thing you learned during the class today?

What is one specific thing you plan to do as a result of participating in this class? How will you do it?

Comments, suggestions:

Thank you for your comments!

