

TAKE ACTION PACKET FOR PARENTS AND FARMERS AND INTERESTED CITIZENS:

Contact your Schools and notify your School Boards about doing a resolution as shown on page three of this document.

FIND YOUR U.S. REPRESENTATIVE at <https://www.house.gov/representatives/find-your-representative> Enter your zipcode in top right corner beside the U.S. map picture. See the contact information and call to ask that he or she cosponsor **Congressman Glenn ‘GT’ Thompson’s bipartisan H.R. 9164, the Funding Refrigeration Equipment for Student Health Act.** *This bill makes \$4 million in competitive grants available to schools annually for the next 5 years for bulk milk dispensers and other milk service refrigeration equipment.*

IN PENNSYLVANIA, FIND YOUR STATE LAWMAKERS at <https://www.palegis.us/find-my-legislator> Ask your PA State Senator to cosponsor SB 1362 which would also provide statewide competitive cost-share grants to schools for bulk milk dispensers and other milk service refrigeration equipment tied to a whole milk pilot program to be administered through the PA Dept. of Agriculture and Center for Dairy Excellence. Simply ask your state senator to cosponsor SB 1362 and ask your state representative to think about similar legislation in the State House.

SEND LETTERS: Download a letter to send for PA SB 1362 that is already signed by a broad coalition of state organizations, businesses, and individuals and indicate you support this too: <https://qrco.de/SB1362-letter>

EMAIL NOTES: Go to <https://democracy.io/> - type in your own address, city and zipcode, click submit. Your two Senators and one Rep. will show up with red checkmarks. Click ‘Write to them’ and on the next screen simply ask them to cosponsor **Funding Refrigeration Equipment for Student Health H.R. 9164.** You can also mention if you have school-aged children or grandchildren.

Following are

- 1) Sample School Board Resolution.
- 2) A Physician’s Letter to provide to your school or include in correspondence with policymakers.
- 3) “Why Whole Milk” document with information and references.
- 4) Additional information about in-school trials showing why whole milk is a healthy choice and why students should have access to it now that it is again legal for Breakfast, Lunch, Snack, and other meals at school, and that the signing into law of Whole Milk for Healthy Kids Act in January 2026 was followed by USDA guidance June 8, 2026 that includes the saturated fat exemption!

Resolution supporting Whole Milk choice in schools



WHEREAS our nation's future well-being relies on well-nourished children ready to learn at school;

WHEREAS our nation's schools are now allowed by federal law and USDA Food Nutrition Service regulations as of June 8, 2026 to offer Whole Milk at ALL school meals;

WHEREAS Whole Milk is standardized to 3.25% fat, and essential vitamins like D and A are fat-soluble;

WHEREAS students prefer Whole Milk, and having a choice means more students drink milk instead of discarding it;

WHEREAS offering milk choice to students reduces waste and reduces shifts to sugary or artificially-sweetened high fructose corn syrup 'à la carte' beverages;

WHEREAS Whole Milk contains 13 essential nutrients, including nutrients of concern: Calcium, Potassium, Vitamins A, D, B12, B5, B6, Riboflavin, Phosphorus, Iodine, Niacin, Thiamin, Zinc, Magnesium, as well as 8 grams of complete protein containing all 9 amino acid building blocks for health.

WHEREAS numerous studies point to the beneficial effects of milkfat on key health indicators;

WHEREAS studies showed children drinking Whole Milk vs. low-fat milk absorbed three times the Vit. D;

WHEREAS studies show this small amount of milkfat naturally slows the rate of carbohydrate (lactose) absorption to reduce hunger cravings and reduce digestive sensitivity;

WHEREAS studies show children drinking Whole Milk had 40% less risk of being overweight;

WHEREAS moderate consumption of milkfat has been associated with improved mood and cognition;

WHEREAS Surveys and purchasing statistics show more parents choose Whole Milk for their families;

WHEREAS many of our students rely on school lunch and breakfast for nutrition at the peak of their day;

THEREFORE, now be it resolved that, _____ School District supports making Whole Milk available at school meals;

THEREFORE, be it further resolved that, _____ School District would appreciate the industry and regulatory agencies work together to help schools introduce whole milk to support nutrition, health, and learning-readiness, while also reducing waste.

It is the intent of this Board by affirmative vote to support Whole Milk as a choice in our schools.

Restoring Whole Milk as a Choice in Schools

Dear [School Leader / Board Member],

I'm writing as a concerned physician and Pennsylvania resident to respectfully urge you to support offering whole milk (3.25% milkfat) as an available option in school cafeterias.

Whole unflavored and whole flavored milk are now allowed in all school meals under the Whole Milk for Healthy Kids Act, passed and signed into law Jan. 14, 2026 along with USDA's final rule expanding this to ALL child nutrition programs, including ALL meals at schools, effective June 8, 2026. Importantly, the law **exempts the saturated fat in milk from impacting school meal limits**, meaning it can be offered without creating compliance concerns for school nutrition programs.

In 2010, whole milk was removed from schools following federal policy changes tied to the Healthy, Hunger-Free Kids Act. These decisions were based on dietary guidance that, at the time, suggested limiting saturated fat intake. However, more recent research suggests these restrictions were based on limited and inconclusive evidence—particularly for growing children.

Findings published in *The American Journal of Clinical Nutrition* and other peer-reviewed research indicate that removing fat from dairy does not provide the intended health benefits and may reduce the nutritional value of milk. Whole milk contains important nutrients and unique fatty acids, including odd-chain fatty acids (C15, C17, and C21), which have been associated with improved metabolic health, increased satiety, and enhanced cellular function.

Children are not small adults. Nutritional guidelines developed for older populations with cardiovascular concerns should not be broadly applied to children without strong, targeted evidence. Whole milk provides energy, protein, vitamin absorption, and supports brain development. It may also help reduce the consumption of added sugars by increasing satiety.

Since these 2010 policies were implemented, childhood obesity rates have continued to rise. According to CDC data, nearly 1 in 5 children and adolescents in the United States is affected by obesity. While many factors contribute, it is appropriate to re-evaluate past nutritional decisions that may not have achieved their intended outcomes.

Whole milk also has practical benefits in schools. When students are offered milk they prefer, they are more likely to drink it, leading to improved nutrition intake and reduced waste. Offering whole milk is not about removing existing options. It is about restoring balance and providing students with a choice based on updated science and real-world outcomes.

I respectfully ask for your leadership in supporting the inclusion of whole milk as an option in your district, whether through pilot programs or broader implementation.

Thank you for your time and continued commitment to the health and wellbeing of our children.

Sincerely,

Edward J. Silverman, M.D.

B.S. Chemistry, Penn State University

M.D., Jefferson Medical College, Class of 1981

Internal Medicine Residency, Reading Hospital and Medical Center

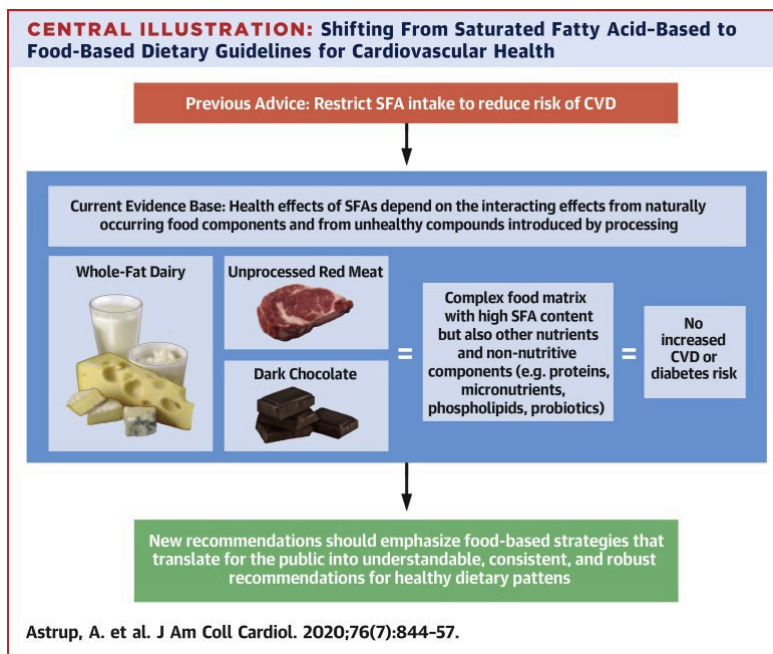
Reading, Pennsylvania

Why Whole Milk should be served in schools

The Whole Milk for Healthy Kids Act passed and was signed into law in January 2026. USDA wrote the rules telling schools they may offer Whole and 2% milk at ALL meals, including breakfast, lunch, snacks, and summer feeding. Prior to this change, Whole and 2% milk were prohibited from 2010 to 2026. The a la carte prohibition began 2012. Since those rules were put in place, the BMI scores of students and rate of obesity and diabetes among young people had increased dramatically. Prohibition of Whole Milk did not have the desired effect, and may have exacerbated the problem. Now change is coming as schools are allowed, and even encouraged to make Whole Milk available to students.

School lunch and breakfast provide nutrition at the peak of the day when students need to be at their best. Students have 1 or 2 meals a day, 5 days a week for 9 to 10 months of the year at school. Allowing students to choose milk they love and will drink, by providing Whole Milk as a choice, **assures nutritional equity** so students from food-insecure homes also are able to truly access milk's powerhouse nutrition.

- Whole Milk is **standardized to 3.25% fat**. This is a healthy matrix of complex and beneficial fatty acids, mono- and poly-unsaturated as well as saturated, including Omega 3s.



- Several foods containing saturated fatty acids, such as whole milk, full-fat dairy and unprocessed meat, are not associated with increased cardiovascular disease or diabetes risk. **Reviews of the science show no robust evidence for the current limit on saturated fat consumption, especially for children.**
- Research on milkfat, specifically, showed a **healthier net effect on cholesterol levels**: HDL levels were significantly raised but with zero effect on LDL when whole milk and full-fat dairy foods were regularly consumed.
- Several studies show **children consuming Whole Milk had reduced Body Mass Index (BMI), 40% reduced risk of becoming overweight** as well as higher blood-stores of Vitamin D, a fat-soluble vitamin.

- A first of its kind double-blind controlled clinical trial published in the Dec. 2021 American Journal of Clinical Nutrition showed **no impact on cardiometabolic risk factors in children whose consumption of milkfat was increased**. In fact, the **Body Mass Index (BMI)** of this group declined during the trial. On the other hand, the group whose milkfat consumption was decreased did not see a BMI decline. Researchers said these findings were consistent with systematic meta-analysis and review of research findings.
- Several studies have shown that the milkfat in Whole Milk slows the rate of carbohydrate (lactose) absorption to **increase satiety, reduce hunger cravings, level blood sugar swings, and reduce digestive sensitivity**.
- Moderate consumption of milkfat has been associated with **improved mood and cognition**.
- Whole Milk promotes **absorption of essential fat-soluble vitamins**, for example: Vitamin D is a fat-soluble vitamin and a nutrient of concern. It is necessary for the absorption of Calcium and supports a healthy immune system. Recent reviews show that adequate intakes of Calcium and Vitamin D in childhood are linked to reductions in development of osteoporosis, Type II Diabetes and bone fractures later in life. A recent Pediatric Review showed 61% of young people suffer from Vitamin D deficiency, and 40% do not get enough Calcium.

- A study published in the American Journal of Clinical Nutrition showed children drinking Whole Milk **absorbed three times the Vit. D** as those drinking low-fat (1%) milk. Another study showed children drinking non-dairy “alternatives”, even with added Vit. D, were deficient in Vit. D status compared with children drinking cow’s milk.
 - Vitamin A and K are also fat-soluble nutrients of concern found in milkfat. **Whole Milk is a natural significant source of Vit. A that is more absorbable and environmentally-friendly compared with the Vitamin A Palmitate that must be added to fat-free and low-fat milk in order to list the Vit. A on the label.**
- **Students prefer the taste of Whole Milk and therefore consume it.** A Pennsylvania middle / high school did a 2019-20 school year trial for grades 7 through 12, which could be a template for more milk choice trials. It showed that something as simple as offering a choice of milkfat options, including Whole Milk, within school meals can significantly change the amount of milk chosen, consumed, and NOT discarded:
- Students showed 3 to 1 preference for Whole Milk vs. low-fat milk.
 - 64% of students said they chose milk more often during trial.
 - 50% increase in milk consumption (fewer students refused the milk).
 - 95% reduction in volume of discarded milk (fewer students discarded milk).
- When students are able to choose milk they love, they **benefit from 13 essential nutrients, including nutrients of concern** like Calcium, Vitamins A, D, B12, B5, B6, Potassium, Riboflavin, Phosphorus, Niacin, Thiamin, Zinc, Magnesium. Recent data show 40% of kids 3 to 13 do not get enough Calcium (even higher for adolescent girls), 50% do not get enough Potassium and 80% do not get enough Vit. D. Whole milk delivers all three in a package many students prefer, and the fat content improves absorption.
- There are a total of 21 minerals and 13 vitamins in milk, as well as **8 grams of complete protein** -- containing all 9 amino acid building blocks for health. This nutrition powerhouse in milk is only realized if students like and actually consume the milk.
- **For immune system support**, Vitamin D and protein amino acids found in milk have been highlighted. Vitamin D is a fat-soluble vitamin. The milkfat in Whole Milk helps with student preference and with absorption so children get these immune-supporting essentials.
- Whole Milk choice within school meals is **beneficial for concerns about the health of growing bones** as the medical community cites increased fractures and scoliosis. Milk fat makes milk taste better and aids in absorption of the Vit. D needed alongside Calcium for growing bones.
- While there are more calories in 8 ounces of Whole Milk than 8 ounces of fat-free milk, those **calories are not empty**, and the milkfat calories provide satiety, which is important for maintaining a healthy weight.

References

- 1) Saturated Fats and Health: JACC State-of-the-Art Review <https://www.onlinejacc.org/content/early/2020/06/16/j.jacc.2020.05.077>
- 2) Whole Milk consumption by children reduced risk of overweight and obesity by 40%:
<https://www.sciencedaily.com/releases/2019/12/191230104810.htm>
- 3) Whole Milk consumption by children improved Vitamin D status <https://www.acsh.org/news/2016/11/29/whole-milk-better-low-fat-kids-vitamin-d-status-10498>
- 4) Children drinking cow’s milk had better Vit. D levels than those drinking “alternatives”, even with Vit. D added <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4234713/?fbclid=IwAR0GHILLniGguDlGTC3BzdAaKt-UDyQBzDIwi4kJBADMFxHJ8fhfP2pPKwE>

- 5) Whole Milk linked to reduced diabetes risk: <https://www.npr.org/sections/thesalt/2016/04/18/474403311/the-full-fat-paradox-dairy-fat-linked-to-lower-diabetes-risk/>
- 6) Whole-fat dairy products do not adversely affect adiposity or cardiometabolic risk factors in children <https://academic.oup.com/ajcn/article/114/6/2025/6388163>
- 7) **“The Childhood Obesity Epidemic, how the Federal guidelines to improve our diets made our children fat,”** by Dr. Richard C. Theuer, adjunct professor in the Dept. of Food, Bioprocessing and Nutrition Sciences at North Carolina State University. Dr. Theuer reports the science behind the fatty acids in whole milk helping prevent and manage diabetes, which is on the rise among children and teens.
- 8) **New York City registered dietitian, certified diabetes educator and author Laura Cipullo, writes:** *“When someone eats full-fat dairy versus low-fat dairy, the fat will actually delay the absorption of the milk’s sugar. As a result, blood sugar rises more slowly over a longer period of time. Consequently, insulin follows this same pattern. Less circulating insulin means less risk for the development of insulin resistance and diabetes. Full-fat dairy is lower in lactose, making it easier for individuals with lactose intolerance to digest compared to low-fat or no-fat dairy. Meanwhile one specific fatty acid contained in dairy is known to aid in gastrointestinal health, and according to a 2013 review from Polish researchers, may actually hold promise in the treatment of IBS and promoting healthy gut bacteria.”*
- 9) The negative image of milkfat is weakening <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5867544/>
- 10) U.S. nutritionists call for limits on saturated fat intake to be lifted <https://www.bmj.com/content/371/bmj.m4226>
- 11) The American Journal of Clinical Nutrition, Vol. 104, Issue 6, December 2016, Pages 1657-1664 [https://academic-oup-com.eres.qnl.qa/ajcn/article/104/6/1657/](https://academic-oup.com.eres.qnl.qa/ajcn/article/104/6/1657/)
- 12) Prev Med Rep. (U.S. Nat’l Library of Medicine, National Institutes of Health) 2017 Dec 8: 1-5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5552381/>
- 13) Full-fat dairy consumption could reduce risk of type 2 diabetes <https://www.diabetes.co.uk/news/2016/apr/full-fat-dairy-consumption-could-reduce-risk-of-type-2-diabetes-95576109.html>
- 14) Effect of whole milk consumption compared with skimmed milk on fasting blood lipids in healthy adults..., December 11, 2017, European Journal of Clinical Nutrition 72, 249-254 (2018) <https://www.nature.com/articles/s41430-017-0042-5> Further explanations: <https://www.diabetes.co.uk/news/2018/jan/full-fat-milk-improves-cholesterol-levels-90626725.html?fbclid=IwAR1ko6NAoB6rZWE6OP-1e4IMaLITjdT9pwEtTnOteKVMb7YYlv5qVRnPaGo>
- 15) Vit. D & Calcium intake linked to reduced Type 2 Diabetes <https://diabetesjournals.org/care/article/29/3/650/25333/Vitamin-D-and-Calcium-Intake-in-Relation-to-Type-2>

10 REASONS to give kids WHOLE MILK

- 1- Milk has 8 grams of high quality complete protein, containing all 9 amino acid building blocks.
No alternative has as much or as high quality protein as real milk.
- 2- KIDS LIKE IT! If kids like it, they will drink it and therefore benefit from the 21 minerals and 13 vitamins in every 8 ounce glass.**
3. It’s natural. A true farm to table product, containing 2 ingredients: Milk, Vitamin D.
4. Milk contains zero added sugar.
5. Whole MILK has essential nutrients to support the immune system.
6. Milk is a naturally-occurring calcium source that provides almost 30% of daily requirements and is easily absorbed by the body.
7. Studies show children who drank whole milk had a 40 percent lower chance of being overweight or obese compared with those who drank low-fat milk.
8. Because of dairy foods’ nutritional package, it’s a one-stop shop to help people sustain their energy.
9. The dairy fat is a healthy combination of a saturated, monosaturated and polyunsaturated fats, including CLAs and Omegas.
10. Milk contains calcium, vitamin D, phosphorus and potassium to build and maintain strong bones, which can help reduce the risk for stress fractures.

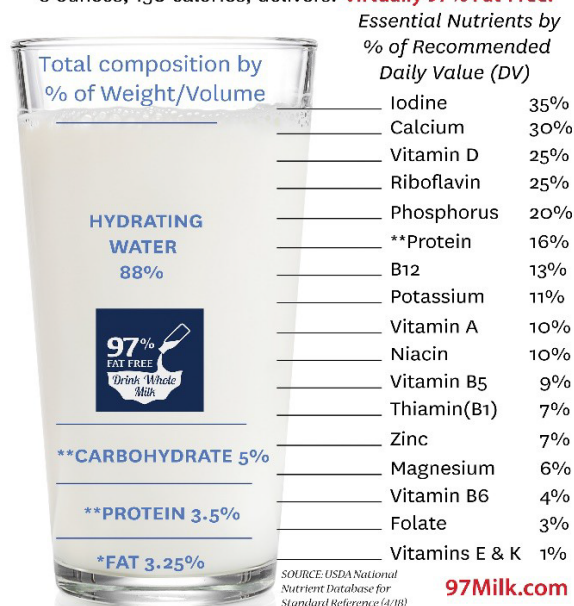


Whole milk contains 8 grams of high quality complete protein containing all 9 essential amino acid building blocks. Whole milk contains over a dozen other important and essential nutrients that are not found in replacement beverages, keeping children fueled and full for learning.

Research References by footnote, (others directly cited in letter)

- 1) The American Journal of Clinical Nutrition, Vol. 104, Issue 6, December 2016, Pages 1657-1664, <https://academic-oup-com.eres.gnl.qa/ajcn/article/104/6/1657/4668588>
- 2) Prev Med Rep. (U.S. Nat'l Library of Medicine, National Institutes of Health) 2017 Dec 8: 1-5 <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5552381/>
- 3) Full-fat dairy consumption could reduce risk of type 2 diabetes, Diabetes.co.uk, the global diabetes community, April 8, 2016
<https://www.diabetes.co.uk/news/2016/apr/full-fat-dairy-consumption-could-reduce-risk-of-type-2-diabetes-95576109.html>
- 4) Effect of whole milk consumption compared with skimmed milk (fat-free/low-fat) on fasting blood lipids in healthy adults..., December 11, 2017, European Journal of Clinical Nutrition 72, 249-254 (2018) <https://www.nature.com/articles/s41430-017-0042-5>
Further explanations: <https://www.diabetes.co.uk/news/2018/jan/full-fat-milk-improves-cholesterol-levels-90626725.html?fbclid=IwAR1ko6NAoB6rZWE6OP-1e4IMaLITJdT9pwEtTnOteKVMb7YYlv5qVRnPaGo>

WHOLE MILK, Nature's Nutrition Powerhouse 8 ounces, 150 calories, delivers: **Virtually 97% Fat-Free!**

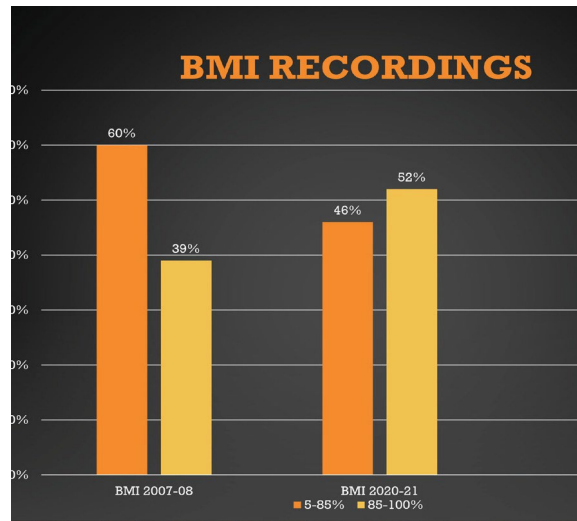


*The 3.25% (8 g) fat content of Whole Milk represents 12% recommended DV, including saturated, monounsaturated, polyunsaturated and omegas. ***The 5% carb content (12 g) represents 4% DV



Whole Milk for Healthy Kids

Why whole milk should be a choice at our schools



(Above are BMI recordings for the class graduating from an un-named Pennsylvania school district in 2007-08 vs. the class graduating 2020-21.)

From 2010 until January 2026, the federal prohibition of Whole Milk in schools allowed only fat-free and 1% low-fat milk to be served. In the Smart Snacks rules initiated in 2012, USDA also prohibited Whole Milk from being offered as an à la carte beverage or vending machine option. **THAT ALL CHANGED ON JUNE 8, 2026** when USDA issued guidance for ALL school meals to include the Whole Milk option, including the saturated fat exemption, after the Whole Milk for Healthy Kids Act passed and was signed into law in January 2026.

- More than a decade of analysis show the BMI scores of students and rate of obesity and diabetes among young people increased dramatically during the prohibition.
- School meals provide nutrition at the peak of the day when students need to be at their best. **Students have 2 meals a day, 5 days a week for 10 months a year at school. Allowing them to choose milk they love assures nutritional equity** so students from food-insecure homes can fully access milk's powerhouse nutrition.
- **Whole Milk is standardized to just 3.25% fat**, compared with low-fat milk at 1% fat. This is a healthy matrix of complex and beneficial fatty acids, mono- and poly-unsaturated as well as saturated, and Omega 3s.
- Multiple scientific reviews have found that foods containing saturated fatty acids, such as whole milk, are not associated with increased cardiovascular disease or diabetes risk. In fact, a peer-reviewed *American Journal of the American College of Cardiology* major review on health effects of saturated fat concluded there is **“no robust evidence for the current limit on saturated fat consumption, especially for children.**
- Several studies show children consuming Whole Milk had **reduced BMI and 40% reduced risk of being overweight**. In addition, a first-of-its-kind double-blind controlled clinical trial published in the Dec. 2021 *American Journal of Clinical Nutrition* showed no impact on cardiometabolic risk factors in children whose consumption of milkfat was *increased*, and BMI of this group declined during the trial, while the group whose milkfat consumption was *decreased* did not see a Body-Mass-Index (BMI) decline. Researchers said these findings were consistent with systematic meta-analysis and review of research.
- Several studies have shown that the milkfat in Whole Milk slows the rate of carbohydrate (lactose) absorption to **increase satiety, reduce hunger cravings, level blood sugar swings, and reduce digestive sensitivity.**
- Moderate consumption of milkfat has been associated with **improved mood and cognition.**
- The milkfat in Whole Milk promotes absorption of essential fat-soluble vitamins, such as Vitamins D, A, E and K. A study at St. Michael's Hospital in Toronto showed children consuming whole milk instead of low-fat or no milk **had three times higher blood-stores of Vit. D.**



**THE RESULTS WERE ASTOUNDING!
MILK WASTE WAS REDUCED FROM 3 GALLONS
ON AVERAGE PER DAY IN 2018-2019
TO AN AVERAGE OF 19 OUNCES IN THE
2019-2020 SCHOOL YEAR.**

That's a 95% reduction in waste.

- Many students prefer the taste of Whole Milk and are more likely to consume it. Krista Byler, foodservice director for Union City School District (Erie, PA) did a 2019-20 school year trial with board approval at the middle / high school. It showed that **offering a choice of milkfat options, including Whole Milk significantly changed the amount of milk chosen, consumed, and NOT discarded:**
 - 3 to 1 preference for Whole Milk vs. low-fat milk in surveys**
 - 64% of students said they chose milk more often during trial**
 - 50% more milk consumed (fewer students refused the milk)**
 - 95% less discarded milk (fewer students discarded milk)**
- Recent data show 40% of kids 3 to 13 do not get enough Calcium (even higher for adolescent girls), 50% do not get enough Potassium and 80% do not get enough Vit. D. When students are able to choose milk they love, they benefit from the package that **also has the fat content to improve absorption**. The 13 essential nutrients of milk include nutrients of concern like Calcium, Vitamins A, D, B12, B5, B6, Potassium, Riboflavin, Phosphorus, Niacin, Thiamin, Zinc, Magnesium.
- 8 oz of milk has 8 g of **high-quality complete protein** -- containing all 9 necessary amino acid building blocks for health.
- While there are more calories in 8 oz of Whole Milk than 8 oz of fat-free milk, **those calories are not empty!**
- **Milk is a nutrient dense food/beverage.** The milkfat provides satiety, which is important for maintaining a healthy weight.