

January 23, 2024

Please join us in supporting S. 1957, The Whole Milk for Healthy Kids Act. The House passed their identical bill (H.R. 1147) on Dec. 13, 2023, in a 330-99 bipartisan vote. Now we need more cosponsors to move S. 1957 forward in the Senate to allow schoolchildren to have the options of whole and 2% flavored and unflavored milk at school. (Supporting details follow action items)

TAKE ACTION: **Contact your Senators to cosponsor S. 1957** and notify your School Boards about doing a resolution as shown on page two of this document.

FIND YOUR SENATORS at <https://www.senate.gov/> - Click icon in top left corner, select state from drop-down. A detailed sample letter sent to Senator Robert Casey Jr. by the Grassroots PA Dairy Advisory Committee is available at <https://wp.me/p329u7-2RA>

MAKE CALLS: Ask your Senators to cosponsor S. 1957. Here are some points to keep in mind: https://agrite.files.wordpress.com/2024/01/wholemilk_senate_callin_campaign-2.png

SEND LETTERS: Download a letter template you can personalize and print for mailing at https://agrite.files.wordpress.com/2024/01/wholemilk_senate_letter_template-1.png

EMAIL NOTES: Go to <https://democracy.io/> - type in your own address, city and zip code, click submit. Your two Senators and one Rep. will show up with red checkmarks. Click 'Write to them' and on the next screen write the body of your letter. Use the subject line below. Then start with who you are, where you live, work or farm. You can also mention if you have school-aged children or grandchildren. Then copy and paste from the text below. (Some additional resources can be found in a folder at <https://qrco.de/WholeMilk-Info>)

RE: Whole Milk for Healthy Kids, S.1957 by Senators Roger Marshall, Peter Welch

I write to ask you to cosponsor S. 1957, the Whole Milk for Healthy Kids Act, to bring back the choice of Whole Milk in schools. This bill is not a mandate, it is about choice, so students can have the delicious Whole Milk option to benefit nutritionally from milk they will love. The House passed H.R. 1147 in a bipartisan 330 to 99 vote in December. We hope you will soon add your name to the list of Senate cosponsors for S. 1957. It is vital to have this choice. Whole milk is standardized at 3.25% fat (3.5% in Calif.). Systematic reviews of the scientific literature show milkfat should no longer be demonized by federal policies, especially for children.

Currently, 95% of U.S. schools are in the National School Lunch Program, which in 2012 made rules via the Healthy Hunger-Free Kids Act requiring only fat-free and low-fat (1%) milk be available to students during school hours. Since then, student milk consumption has declined drastically, and milk has become a most frequently discarded item. A 2021 survey showed 78% of parents choose whole or 2% milk for their families, but these options are restricted at school, where kids receive two meals a day, five days a week, three-quarters of the year. A 2019 trial at a PA school showed milk consumption increased by 52%, and waste volume decreased by 95%, when offerings were expanded to include Whole and 2% milk. More students chose milk, and fewer students threw away milk. That is a win for kids, dairy farmers and the environment.

This is a critical time to provide what milk delivers -- complete protein and 13 essential nutrients. When students aren't drinking the milk offered at school, they don't receive its nutrition. In fact, the Dietary Guidelines Committee in 2020 admitted their recommended dietary patterns lack enough key nutrients, including three of the four nutrients of public health concern that milk provides: potassium, calcium, and Vitamin D, which is fat soluble.

Thank you in advance for helping bring the nutritious, delicious option of Whole Milk back to school lunch and breakfast by cosponsoring S. 1957.

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 have been required by USDA Food Nutrition Service regulations to offer only fat-free and low-fat milk;

WHEREAS Whole Milk is standardized to 3.25% fat, and 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 more than 9 essential nutrients, including nutrients of concern: Calcium, Iodine, Vitamins A, D, B12, B5, B6, Riboflavin, Phosphorus, Potassium, 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 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 Whole Milk is now the largest retail category, indicating more families choose it at home;

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 efforts to end the federal prohibition of Whole Milk in schools.

THEREFORE, be it further resolved that, _____ School District would appreciate the opportunity to offer the choice of Whole Milk to students at school to support nutrition, health, and learning-readiness, while also reducing waste.

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

Board President

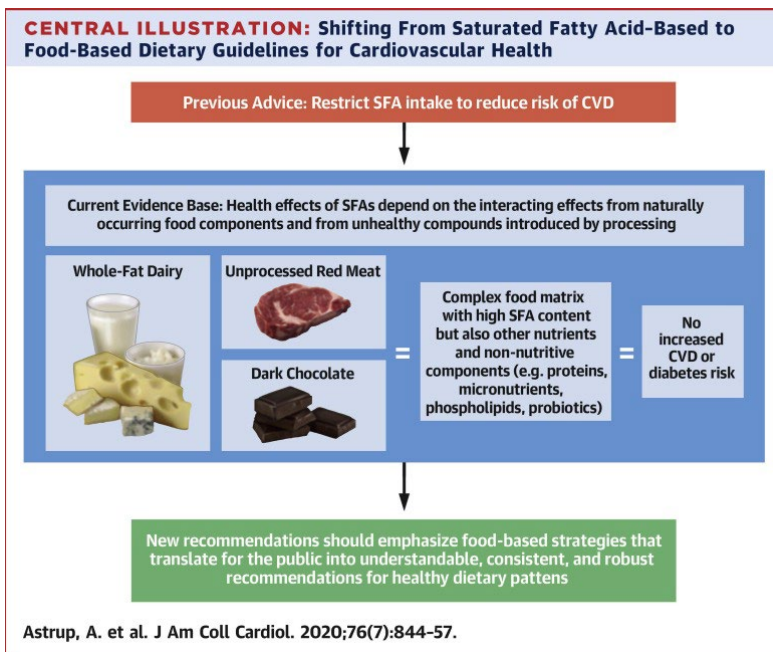
Date

Why Whole Milk should be allowed as a choice in schools

The current federal prohibition of Whole Milk in schools allows only fat-free and 1% low-fat milk to be served and restricts flavored milk to fat-free status. In the Smart Snacks rules, USDA also prohibits Whole Milk from being offered as an à la carte beverage or vending machine option. Since these rules were put in place a decade ago, the BMI scores of students and rate of obesity and diabetes among young people have increased dramatically. Prohibition of whole milk has not had the desired effect, and may be exacerbating the problem.

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 allowing 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.
 - Plus, when the fat is kept in the flavored milk, **less sugar is added!** That’s a big win too!

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=IwAR0GH1LLniGguDIgTC3BzdAaKt-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-1e4lMaLiTJdT9pwEtTnOteKVMb7YYlv5qVRnPaGo>
- 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.qnl.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!**



Essential Nutrients by
% of Recommended
Daily Value (DV)


Iodine	35%
Calcium	30%
Vitamin D	25%
Riboflavin	25%
Phosphorus	20%
**Protein	16%
B12	13%
Potassium	11%
Vitamin A	10%
Niacin	10%
Vitamin B5	9%
Thiamin(B1)	7%
Zinc	7%
Magnesium	6%
Vitamin B6	4%
Folate	3%
Vitamins E & K	1%

SOURCE: USDA National
Nutrient Database for
Standard Reference (4/18)

97Milk.com

*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

An 8-ounce serving of milk, flavored or not, gives you the same....

 Riboflavin as 1/3 cup of whole almonds	 Vitamin D as 3/4 ounce of cooked salmon	 Vitamin B-12 as 3 ounces of turkey
 Phosphorus as 1 cup of canned kidney beans	 Protein as 1 1/2 medium eggs	 Potassium as one small banana
 Niacin as 10 cherry tomatoes	 Calcium as 10 cups of medium spinach	 Vitamin A as 3/4 cup of broccoli

WHOLE MILK- 8 ounces, 150 calories, delivers:
Protein 3.5% (16% DV), Fat 3.25% (12% DV),
carbohydrates 5% (4% DV), water 88%
(Standardized by weight)
(Calories by % recommended DV- daily value)

More on milk health go to:
97MILK.com



Whole Milk for Healthy Kids

Why whole milk should be an allowable choice at schools

Since 2010, the federal prohibition of Whole Milk in schools allows only fat-free and 1% low-fat milk to be served. In the Smart Snacks rules initiated in 2012, USDA also prohibits Whole Milk from being offered as an à la carte beverage or vending machine option.

- Since 2010, the BMI scores of students and rate of obesity and diabetes among young people have increased dramatically. Prohibition of whole milk has not had the desired effect and may be exacerbating the problem.

- 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.

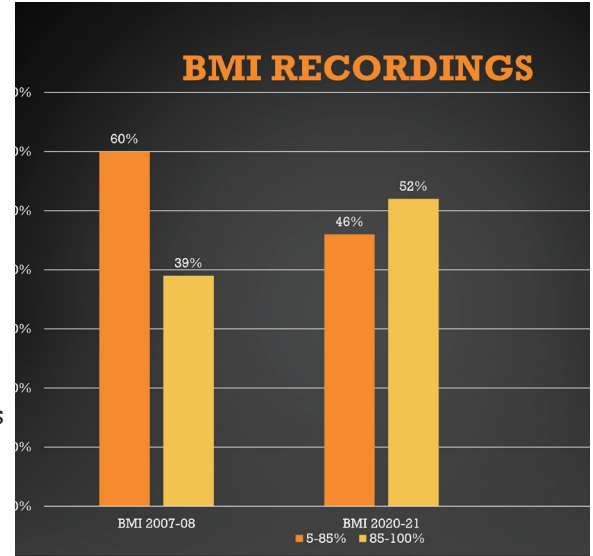
- Multiple scientific reviews have found that foods containing saturated fatty acids, such as whole milk, are not associated with increased cardiovascular disease or diabetes risk. In fact, a peer-reviewed *American Journal of the American College of Cardiology* major review on health effects of saturated 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**.



BMI recordings graph presented by school nurse Christine Ebersole for a school district in Pennsylvania.

**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.

- 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.

Plus, when the fat is retained, less sugar is added to flavored milk! That's a big win too!

Briefing presentations, a student video, 2019-22 citizen's petition of 25,000, and other materials can be found in the online folder at <https://qrco.de/WholeMilk> (scan QR)

Grassroots PA Dairy Advisory Committee
and 97 Milk • 97milk.com

Contact volunteer Sherry Bunting
agrite2011@gmail.com • 717.587.3706



SCAN ME

The Honorable Robert Casey Jr.
393 Russell Senate Office Building
Washington, DC 20510



SCAN ME

RE: The Whole Milk for Healthy Kids Act: S. 1957 by Senators Dr. Roger Marshall, Peter Welch

Dear Senator Casey,

As your constituents, we are seeking your cosponsorship of **The Whole Milk for Healthy Kids Act, S. 1957**. The House passed its version, H.R. 1147, in an overwhelming bipartisan 330 to 99 vote in December.

Your past support for food insecure families and meeting the nutritional needs of America's children has been appreciated. Therefore, we ask your support for this bill that allows schools the option of offering the choice of whole milk (3.25% fat) and reduced-fat milk (2% fat), unflavored and flavored. **This bill is not a mandate, it is about choice.** Currently, 95% of U.S. schools are enrolled in the National School Lunch Program, which in 2012 implemented rules that only fat-free and low-fat (1% fat) milk can be available to students during school hours.

Children receive two meals a day, five days a week, three-quarters of the year at school. Those experiencing food insecurity rely on school meals all year as their best opportunity for nutrition. This is a critical time to provide what milk delivers -- complete protein and 13 essential nutrients. When students aren't drinking the milk, they don't receive this nutrition. In fact, the Dietary Guidelines Advisory Committee (DGA) in 2020 admitted their recommended diets are insufficient in providing key essential nutrients, including three of the four nutrients of public health concern that milk provides: potassium, calcium, Vitamin D, which is fat soluble, needing the milkfat for proper absorption.

Over the past decade since these rules were implemented, national studies have shown a significant decline in student milk consumption and that milk is one of the most discarded items in school cafeterias. In 2019, a Pennsylvania conducted a trial. Whole milk was offered along with low-fat milk, resulting in a 52% increase in students taking the milk instead of refusing it and a 95% decrease in the average daily volume of milk thrown away. Furthermore, according to the latest National Survey of Children's Health at the CDC website, the percentage of 10- to 17-year-olds with BMI in the obese category, alone, increased nationally from 15.4% in 2006 to 19.7% in 2018. In 1970 to 1980, it was 5%. This doubled eight years after the Dietary Guidelines were born to 10% in 1988, then rose to 15.4% by 2006 after six years of USDA school lunch saturated fat restrictions were implemented. It then stabilized at just over 15% from 2008 to 2012, then grew to 19.7% by 2018 -- six years after whole milk was banned from school premises during school hours as part of USDA's implementation of the Smart Snacks rules. You can access more information about this, and a BMI study by a highly credentialed Pennsylvania school nurse, along with other cited information and a citizen's petition by scanning the QR code on this letter.

Scientific reviews now question the DGA recommendations to only consume low-fat dairy, but we as adults can choose. Children have growing minds and bodies, but are subjected to a federal mandate to only offer fat-free and low-fat milk during two meals a day, five days a week, three-quarters of the year at school. From the beginning, no studies on children were ever presented in the DGA process to support this restriction, and we see the consequences.

This has become an urgent matter for the nutritional health, welfare, and academic readiness of America's children and the economic health and welfare of America's rural communities and the integral dairy farm families who produce whole milk, not skimmed milk. We have lost a generation of milk drinkers, and children have missed a nutritious opportunity. This bill is about restoring the delicious choice of whole milk for children.

America's children, parents, schools and dairy farmers are counting on Honorable Senators, like you, who care about childhood nutrition and prioritize food insecure families. Please help our children thrive. For dairy farm families who work hard every day to produce nutritious, delicious whole milk, it is disheartening to see our nation's children continue to be denied this milk choice many prefer and therefore will benefit from.

The children of Pennsylvania thank you in advance for supporting this legislation allowing them to choose.

Sincerely,

The Grassroots Pennsylvania Dairy Advisory Committee

Bernie Morrissey, Nelson Troutman, Sherry Bunting, Dale Hoffman, Tricia Adams, Christine Ebersole, Krista Byler, Bonnie Wenger

The Whole Milk for Healthy Kids Act needs your help

By SHERRY BUNTING
Special for Farmshine

WASHINGTON, D.C. — The Whole Milk for Healthy Kids Act passed the U.S. House 330 to 99 on Dec. 13, 2023. We need YOUR HELP to get H.R. 1147 or S. 1957 to the U.S. Senate floor for a successful vote!

PLEASE MAKE THESE CALLS TO THE U.S. SENATE to get the choice of Whole Milk as an option for schools.

Who to call:

If you live in Pennsylvania:
Call U.S. Senator Robert Casey, Jr.
Washington, DC office: 202-224-6324

State your name and your spouse's name and where you live/work/farm in Pennsylvania. Urge Sen. Casey to co-sponsor Senate Bill S. 1957 to bring back the CHOICE of Whole Milk in schools. Remind them that this bill is not a mandate, it is about CHOICE, so students have the delicious Whole Milk OPTION to benefit nutritionally from milk they will love. Refer to points below.

No matter where you live, call:

- U.S. Senate Agriculture Chair Debbie Stabenow (Michigan)
Washington, DC office: 202-224-4822

State your name and your spouse's name. Tell her you want to see the delicious choice of Whole Milk offered in public schools. Remind her that both H.R. 1147 and S. 1957 are about CHOICE, not a mandate, and refer to the points below.

- U.S. Senate Majority Leader Chuck Schumer (New York)
Washington, DC office 202-224-6542

State your name and your spouse's name and where you live/work/farm (especially if you live in New York). Urge Sen. Schumer to make good on his verbal support for whole milk choice in schools by asking him to co-sponsor Senate Bill S.

For the Kids, Cows and Farm Families!

DRINK WHOLE MILK
97%
FAT FREE

97milk.com

House Vote 330 to 99 - bipartisan passage of H.R. 1147!
First attempt at Senate Vote was blocked
by Ag Chair Debbie Stabenow (D-MI)
Call your Senators to cosponsor S. 1957
Whole Milk for Healthy Kids Act Passed House

Next Stop is The Senate

LEGALIZE D
Whole MILK

1957 and to work with Senate Ag Chair Debbie Stabenow to bring this bill or the House-passed H.R. 1147 to the Senate floor. Remind him that this bill is not a mandate, it is about CHOICE, so students have the delicious Whole Milk OPTION to benefit nutritionally from milk they will love. Refer to points below.

- The two U.S. Senators who represent your State

State your name and your spouse's name and where you live/work/farm. Urge your Senators to co-sponsor Senate Bill S. 1957 to bring back the CHOICE of Whole Milk in schools. Remind them that this bill is not a mandate, it is about CHOICE, so students have the delicious Whole Milk OPTION to benefit nutritionally from milk they will love. Refer to points below.

Current sponsors of S. 1957 in the Senate are: Roger Marshall of Kansas, Peter Welch of Vermont, Ron Johnson of Wisconsin, John Fetterman of Pennsylvania, both James Risch and Mike Crapo of Idaho, both Susan Collins and Angus King of Maine, Kirsten Gillibrand of New York, Cindy Hyde-Smith of Mississippi, Chuck Grassley of Iowa, J.D. Vance of Ohio.

Points to mention:

- H.R. 1147 and S. 1957 are about CHOICE. This is not a mandate, rather it is to provide schools with the OPTION of offering Whole Milk (3.25% fat) as a CHOICE, instead of forcing schools to only offer 1% low-fat and fat-free skim milk.

- As Dairy Farmers, we produce delicious, nutrient-dense Whole Milk, not skimmed milk.

- Scientific evidence supports consumption of whole milk, especially for young people. The Dietary Guidelines process is structured in a way that ignores this evidence.

- Adults can choose Whole Milk, but children are federally prohibited from this choice at school, where they consume 2 meals a day, 5 days a week, 9 to 10 months a year.

- Trials have shown more milk is consumed and less is thrown away when students have the OPTION of Whole Milk at school, which means more students benefit nutritionally.

- Whole Milk contains complete protein and 13 essential nutrients, 4 are nutrients that even the Dietary Guidelines admit are under-consumed, including Vitamin D, which is fat-soluble, meaning it is more absorbed in Whole Milk (3.25 to 3.5% fat).

This message is brought to you by the Grassroots PA Dairy Advisory Committee

- Bernie Morrissey, chair
- Nelson Troutman, originator of the Drink Whole Milk 97% Fat Free Baleboards

Whole Milk for Healthy Kids Act, S. 1957, needs more Senate cosponsors. Let's get more milk jugs on this list! Will YOU contact your TWO?

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Sen. Boyd Britt (R)
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Washington DC 20510
☎ (202) 224-5744

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Brought to you by Grassroots
PA Dairy Advisory Committee
email agrite2011@gmail.com

Date _____ Your Name _____
Your Address _____

RE: Whole Milk for Healthy Kids, S.1957 by Senators Roger Marshall, Peter Welch

Dear Senator _____

I/We are your constituents, living in _____.

I/We work/farm in _____

and have ____ children/grandchildren.

I/We write to ask you to stand up for our children, parents, schools and dairy farmers by cosponsoring S. 1957, the Whole Milk for Healthy Kids Act, to bring back the choice of Whole Milk in schools. This bill is not a mandate, it is about choice, so students can have the delicious Whole Milk option to benefit nutritionally from milk they will love. The House passed H.R. 1147 in a bipartisan 330 to 99 vote in December. We hope you will soon add your name to the list of Senate cosponsors for S. 1957. It is vital to have this choice. Whole milk is standardized at 3.25% fat (3.5% in Calif.). Systematic reviews of the scientific literature show milkfat should no longer be demonized by federal policies, especially for children.

Currently, 95% of U.S. schools are in the National School Lunch Program, which in 2012 made rules via the Healthy Hunger-Free Kids Act requiring only fat-free and low-fat (1%) milk be available to students during school hours. Since then, student milk consumption has declined drastically, and milk has become a most frequently discarded item. A 2021 survey showed 78% of parents choose whole or 2% milk for their families, but these options are restricted from their children at school, where they receive two meals a day, five days a week, three-quarters of the year. A 2019 trial at a PA school showed milk consumption increased by 52% and waste volume decreased by 95% when offerings were expanded to include Whole and 2% milk. More students chose milk, and fewer students threw away milk. That's a win for kids, dairy farmers and the environment.

This is a critical time to provide what milk delivers -- complete protein and 13 essential nutrients. When students aren't drinking milk offered at school, they don't receive its nutrition. In fact, the DGA Committee in 2020 admitted their recommended dietary patterns lack enough key nutrients, including three of the four nutrients of public health concern that milk provides: potassium, calcium, and Vitamin D, which is fat soluble.

Thank you in advance for helping bring the delicious option of Whole Milk back to school lunch and breakfast by cosponsoring S. 1957.

Sincerely _____
Signature _____



More info
and petitions