



Got Milk? Rye Neck School District does, and as of October 1, 2008, all milk sold district wide is **Hormone and Antibiotic free**. On October 22, 2008 the Middle School and High School students had the opportunity to revisit the taste of milk. They also tasted other foods high in calcium to reinforce the benefits of good bone health. This was a joint collaboration organized by Michelle Jackson, Registered Dietitian and chairperson for the Middle School PTSA Health and Wellness Committee, Stacey Falcone, Food Service Director with Aramark Food Services, and Toby Miller, Registered Dietitian with the Westchester County Department of Health Bureau of Nutrition Services.

The staff from the Westchester County Department of Health provided a taste test to the students to determine whether they could tell the difference between skim (non-fat) and 1% (low-fat) milk. This was a good opportunity to encourage the students who preferred the skim milk to start drinking it at home. Students who only drink 2% or whole milk at home, but liked the taste of the skim and low-fat milk, were encouraged to let their parents or caregivers know.

There were also different types of cheeses available to sample, as well as soy milk and tofu for students who may be milk sensitive. This educated them about alternative dairy sources that are also high in calcium. Reaching out to the students with a cold glass of milk and highlighting the benefits of calcium and good “bone” health was a great way to celebrate Halloween.