

Milk Taste Tests at Mildred E. Strang Middle School

On March 26, 2007, the Westchester County Department of Health visited Mildred E. Strang Middle School in Yorktown, one of our Fit Kids schools, to conduct milk taste tests. 144 students tasted lowfat (1%) milk and nonfat (skim) milk. Students answered questions about their preferences and the type of milk they drink at home.

Results indicated that most students prefer nonfat and lowfat milk. A number of students said their parents buy 2% or whole milk to consume at home. It was suggested that students ask their parents to purchase lower fat milk varieties as a healthier option.

