

# Making Wellness Part of the Game Plan



## You Are Making a Difference



55 million kids

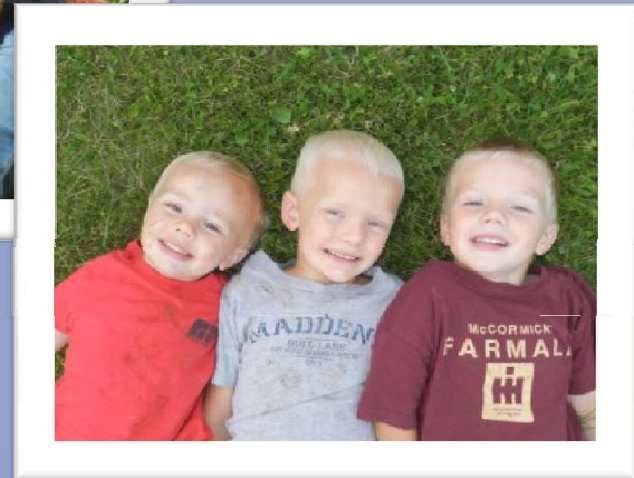
180 days a year

Over 30 million school lunches



# Seena Glessing

Dairy farmer and educator  
Waverly, MN



# Minnesota dairy farms

Approximately  
**4,540 dairy farms**<sup>1</sup>

produce milk that provides milk, cheese, yogurt and other dairy foods for residents of Minnesota, the U.S. and dairy consumers around the world.



Approximately  
**98%**<sup>3</sup>

of all Minnesota farms are owned by families – in many cases, multiple generations of the same family.

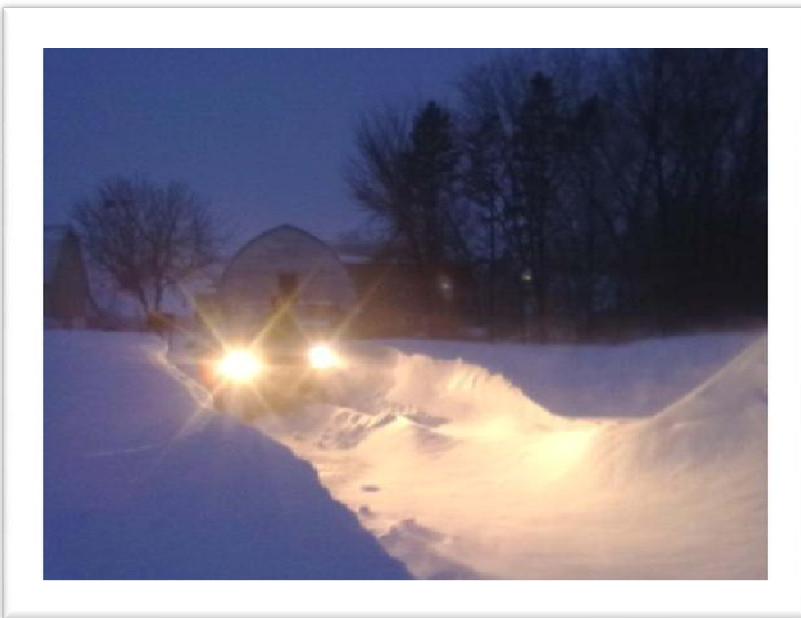
<sup>1</sup> Hoard's Dairyman magazine, March 10, 2011

<sup>3</sup> Structure and Finances of U.S. Farms 2007. Family Farm Report. Economic Research Service/USDA



# Dairy Is Local in Minnesota

- Only 48 hours from farm to you
- Dairy farms in every county
- People make the difference



# Who are we?

Family Dairy Farm



# Dairy farms are about families



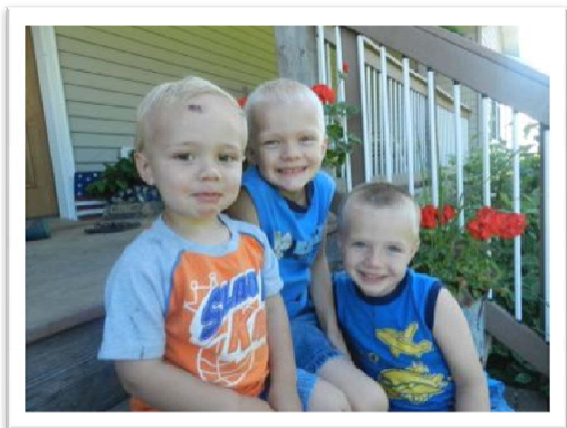
Raising 5<sup>th</sup> Generation

Our 3 sons

Wyatt (5)

Mason (4)

Tanner (2)

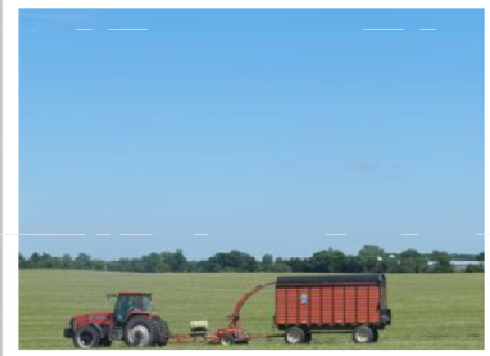
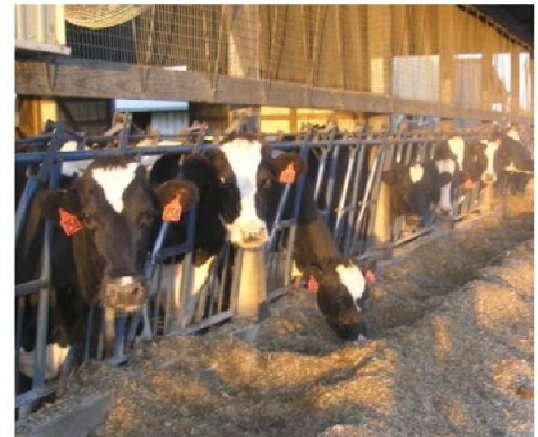


Waverly, MN



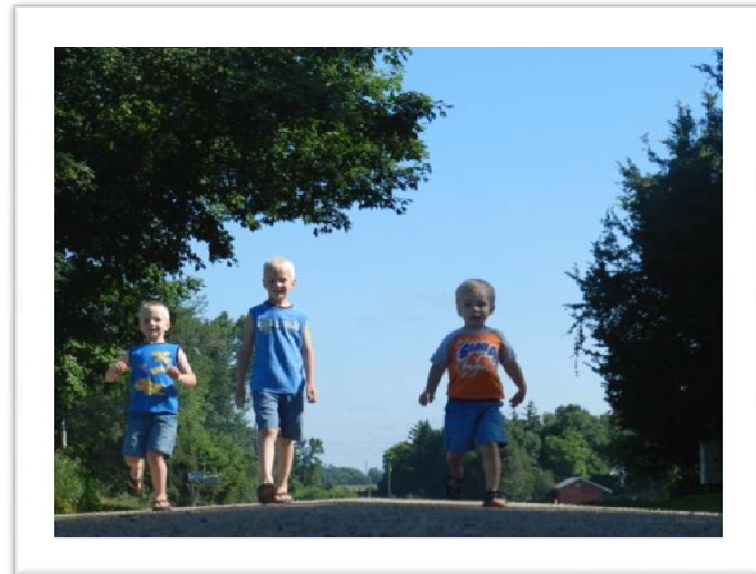
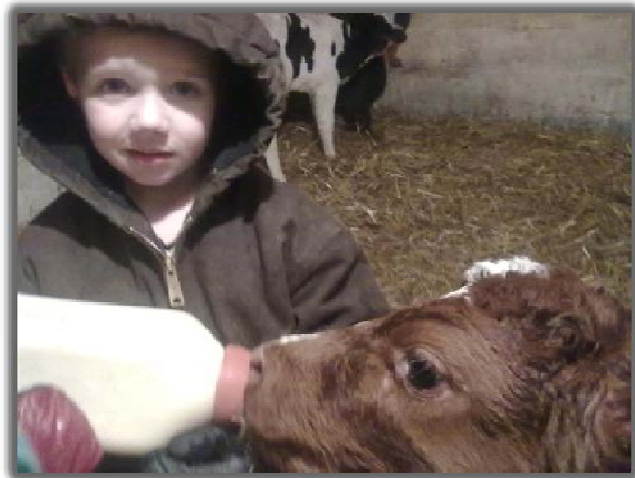
# Our family farm

- Partnership with Dan's father
- Milk 75 head of Holsteins
- 600 acres, soybeans, corn and alfalfa





# It's also our way of life



# Our background

- Dan
  - Associate of Science in Dairy Farm Operations degree from Ridgewater College, Willmar
- Seena
  - B.S. in Agricultural Education from South Dakota State University
  - M.A. in Education from St. Mary's University
  - Taught high school 9-12 Agriculture at Dassel-Cokato 2000-2010
    - FFA Advisor
  - Currently teach part-time at Howard Lake-Waverly-Winsted HS



# Why dairy farmers? Why educators?

## Passion

- Youth and Agriculture
  - Breakfast on the Farm
  - Region 7 Dairy Show
  - American Farm Bureau Young Farmers & Ranchers National Committee
  - Agriculture in the Classroom



# Why invest in childhood wellness?

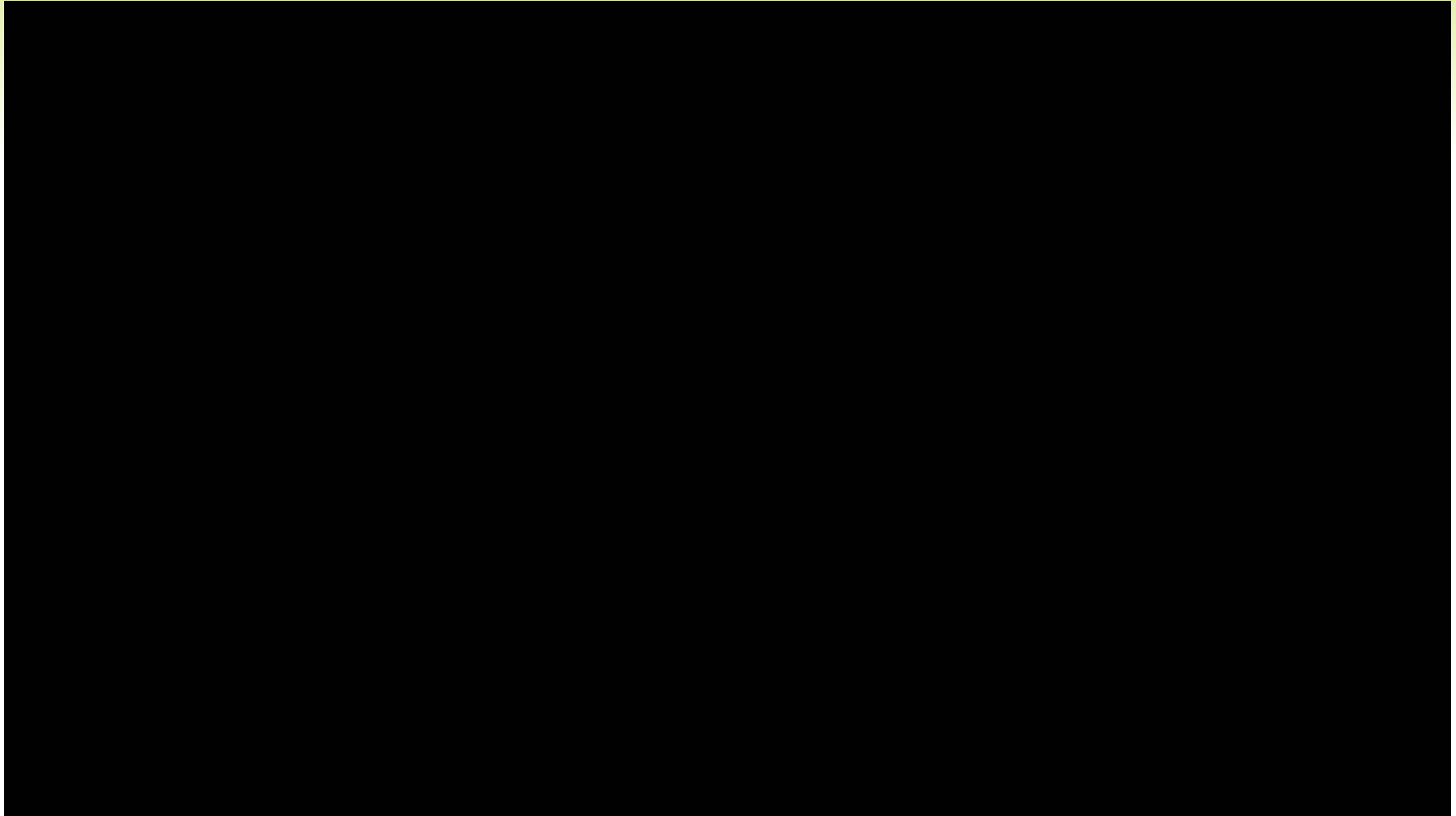
- Inspiring children to lead healthy lives is part of our daily lives
- We know that schools can make a difference
- Dairy farmers are making the financial and resources commitment to help



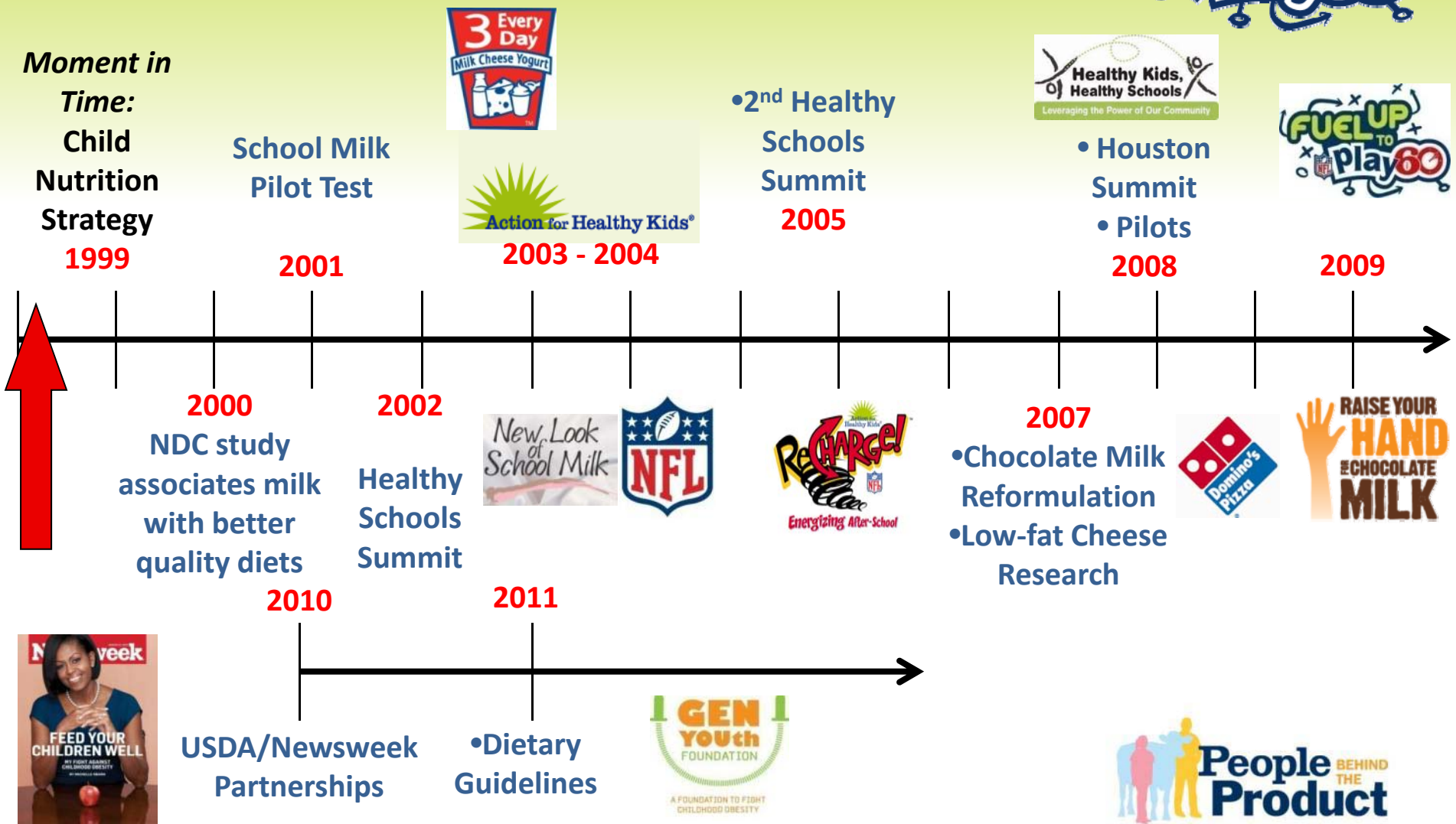
**Thank you!**

Now a Message from  
Chad Greenway,  
Linebacker with the  
Minnesota Vikings!





# Dairy's 10-Year Strategic Map for Child Nutrition





**Health  
Partners**

**Business  
Partners**





# Powerful Partners



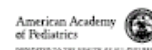
# Guiding Principles Supported by Leading Health Organizations



## ENDING CHILDHOOD OBESITY WITHIN A GENERATION

We support school-based nutrition and physical fitness initiatives, such as Fuel Up to Play 60, that help achieve these guiding principles:

1. Increase access to and consumption of affordable and appealing fruits, vegetables, whole grains, low-fat dairy products and lean meats in and out of school.
2. Stimulate children and youth to be more physically active for 60 minutes every day in and out of school.
3. Boost resources (financial/rewards/incentives/training/technical assistance) to schools in order to improve physical fitness and nutrition programs.
4. Educate and motivate children and youth to eat the recommended daily servings of nutrient-rich foods and beverages.
5. Empower children and youth to take action at their school and at home to develop their own pathways to better fitness and nutrition for life.



# Public-Private Collaboration



A FOUNDATION TO FIGHT  
CHILDHOOD OBESITY

# Today's Agenda:



- What is Fuel Up to Play 60 and how does it work
- How HUSSC and Fuel Up to Play 60 can be used together to achieve maximum results
- Provide specific examples and tangible ways to integrate the 2 programs and meet district wellness objectives
- Your role and what's in it for you



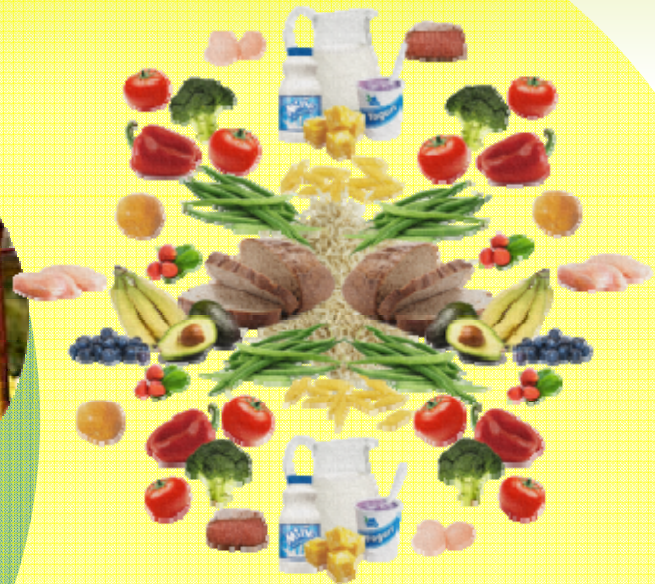
# A Comprehensive Approach



**Get Up and Play  
60 Minutes a Day**



**Healthier  
Kids**



**Fuel Up with  
Nutrient Rich Foods**

# Fuel Up to Play 60 Goals



Empower students to make healthy choices

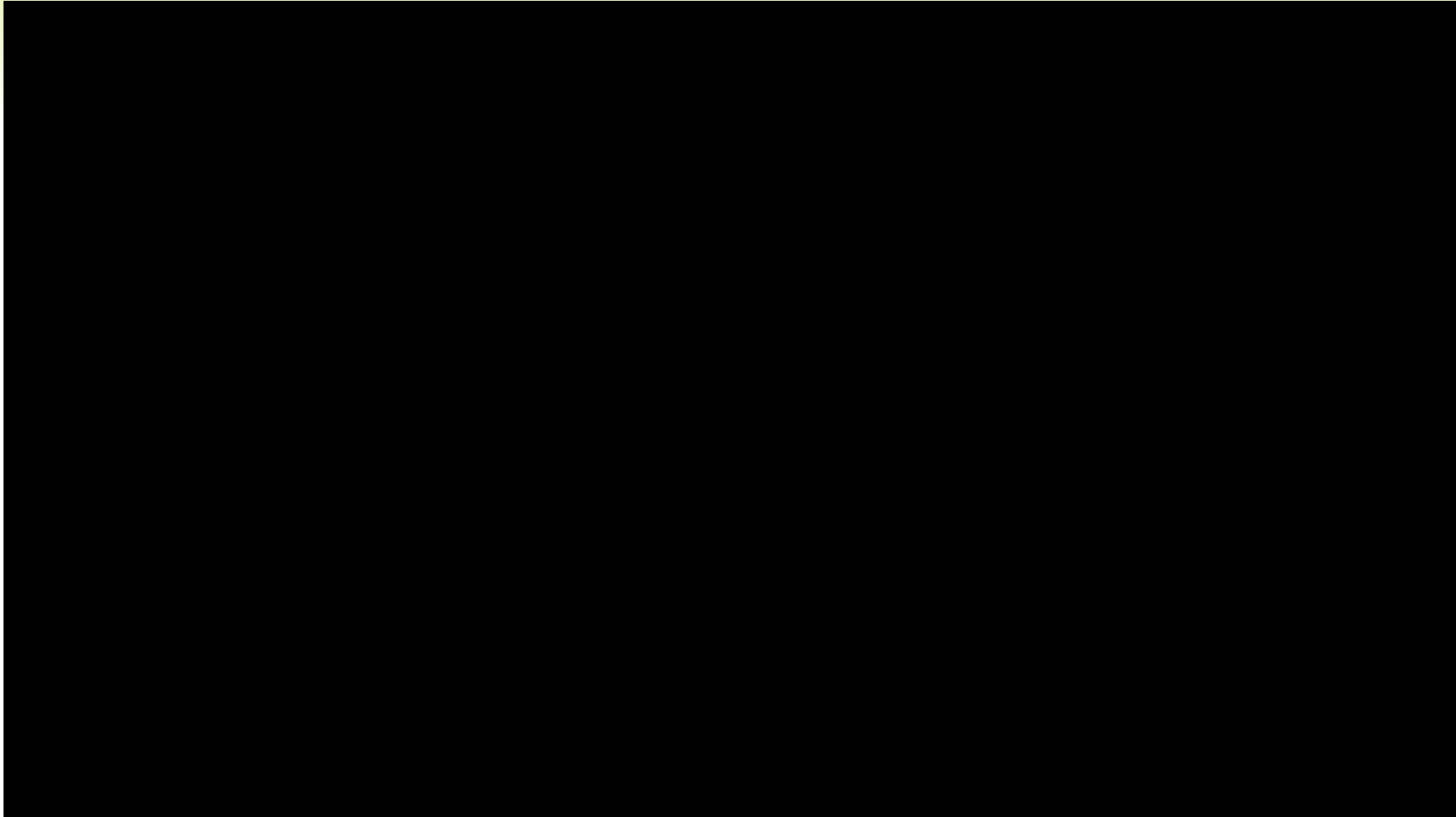
Make lasting healthy changes at school

Provides Tools to Implement existing school wellness efforts

Improve the health, academic achievement and long-term well-being of students



# Setting the Stage



# Main Program Components





# How *Fuel Up to Play 60* Works



Individual Students /Staff Enroll Anytime

Enroll School  
Receive School Resource  
Kit

Form School Team w/  
Adult Advisor  
Assess environment  
Choose Plays

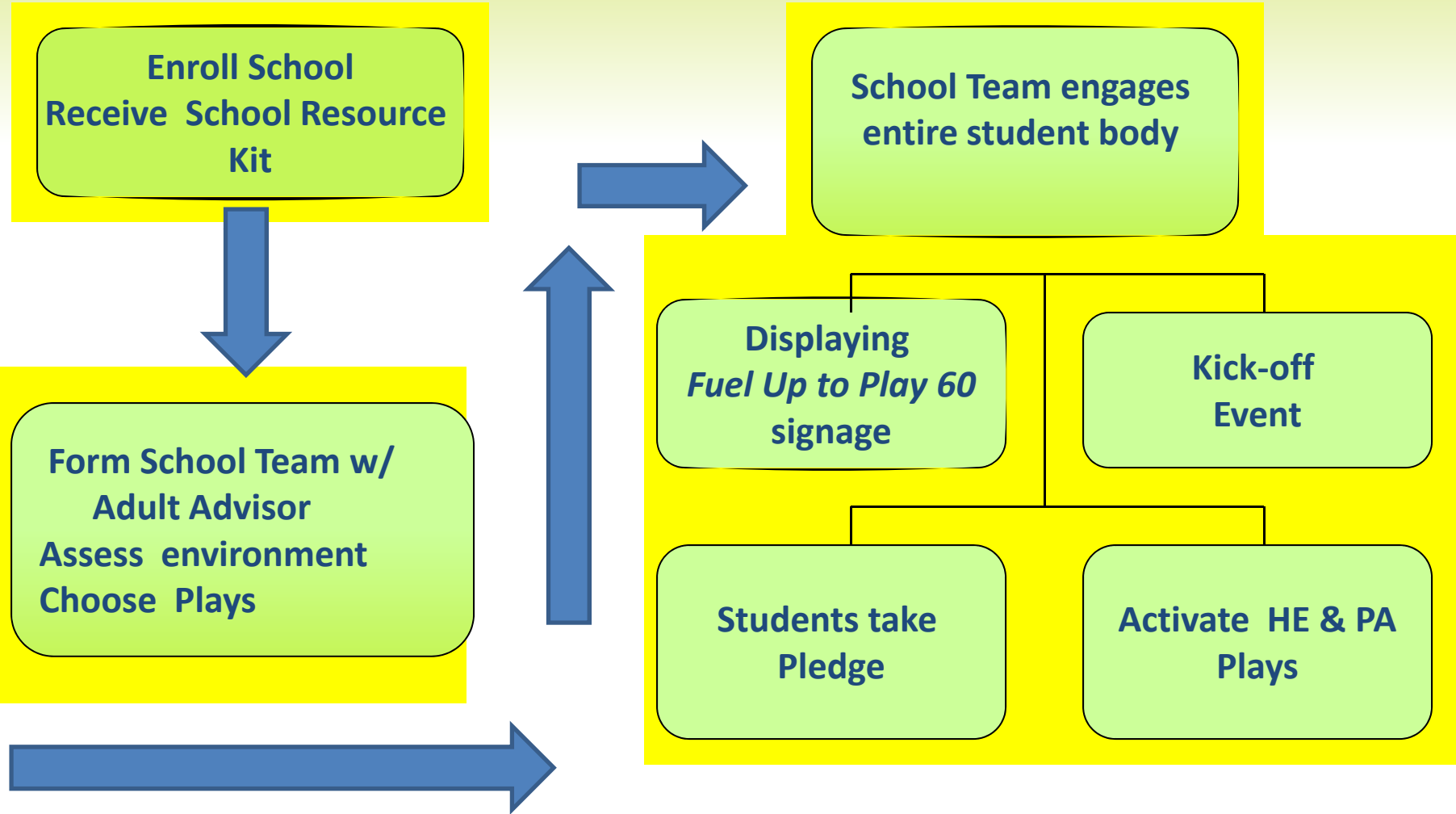
School Team engages  
entire student body

Displaying  
*Fuel Up to Play 60*  
signage

Kick-off  
Event

Students take  
Pledge

Activate HE & PA  
Plays



# Forming a School Team Who needs to be involved?



- Student Leadership (10- 20 kids)
- School Nutrition Manager
- Physical Education teacher
- School Nurse, Coordinated School Health staff, or other Classroom Teacher ( FACS)

## Optional

- Team Nutrition School Leader
- Parent organization representative (e.g., PTA/PTO)
- Principal or other Administrator



**Join the Fuel Up to Play 60 Movement**

Fuel Up to Play 60 Highlights Video

[Play now](#)

**Login**

Username:

Password:

I am:

A Student ([forgot password](#))

An Educator ([forgot password](#))

[SUBMIT](#)

Not registered yet? Join today!

**Who is Fueling Up to Play 60 near you?**

Click on the map or enter your zip code.

Enter zip code

[SUBMIT](#)



**Million PALA Challenge**

Fuel Up to Play 60 is now working with the President's Council on Fitness, Sports and



**What is Fuel Up to Play 60?**

Fuel Up to Play 60 offers bold leadership for child health and wellness with the support of



**Success in Schools**

Fuel Up to Play 60 is making a positive impact in schools across the nation. Learn how Program

**Join us on Facebook**

# Your Dashboard



**My Dashboard** | 2011-2012 Educator Dashboard | Hello, Pierce (14) | (0) | logout

View multiple years | 2011-2012 | 2010-2011 | MMS CHARTER SCHOOL | GO

**Your School: MMS CHARTER SCHOOL**  
[\(remove yourself from this school\)](#)

### Contact Information

Name: Pierce Baugh \*\*\*  
Title: OTHER  
Email: pbaugh@mmseducation.com  
District: [ABC SCHOOL DISTRICT](#)  
Fueling Up To Play 60 since: March 2010  
Last Login: June 29, 2011

[Change Contact Information >>](#)  
[Change Your Password >>](#)  
[Change Your Communications >>](#)

### Six Step Actions

Improved Six Step area

[Actions Cheat Sheet](#)



**Step 1: Join the League and Suit Up**

- Display the Fuel Up to Play 60 "seal" (from the School Wellness Kit or downloaded from the [online kit](#) and printed) in a prominent place
- Encourage students to take the [Fuel Up to Play 60 Pledge](#)

Click on a step above to see your progress!

**Join the League and Suit Up!**  
Get the word out that you're a Fuel Up to Play 60 school. Get others involved.

[Click here to see the training video](#)

### Challenges

Check out the [demo](#) and the [Challenge Showcase](#)

Check out the [SchoolTube Fuel Up to Play 60 Channel!](#)

There are 0 challenge(s) submitted at your school.

### Funds for Fuel Up to Play 60

### Training Camp

### Spread the Word

### My Favorites List

### Team Rewards

### Message Center

**Collapsible sections**

**Link to new district dashboard**

**Immediately view/edit step details**

**Direct access to step training camp clips**

**Paged message center displays 5 messages at a time**

# Playbook One Click Away at: www.fueluptoplay60.com



The screenshot shows the website interface within a browser window. The address bar displays <http://school.fueluptoplay60.com/playbook/>. The page title is "The Playbook | Fuel Up To Play 60".

**Navigation and User Area:**

- Home: Fuel Up To Play 60 Home
- Date: Saturday January 8 - 9:55 AM
- Share options: share, email, print, help, sitemap
- Menu: Welcome, Join, Game Plan, The Playbook, Tools & Resources, The Community
- User: Hello, Lorna (0), (5) logout, Go To My Dashboard

**The Playbook Section:**

**The Playbook** Here you'll find dozens of easy-to-do Plays for healthy eating, physical activity and building awareness—many that have already been successful in other schools—that students and adults can work on together to make long-term changes in your school.

**Search Plays:**

- Select Type of Play: All Types
- Subcategory: All Subcategories
- Student Interest / Area of Skill: All Interests
- Grade Level: All Grades
- Level of Involvement: All Involvements
- Buttons: SEARCH PLAYS, New Search

**Featured Play: Kickoff Pep Rally Plus!**

- Rating: ★★★★★
- Description: Plan a Fuel Up to Play 60 kickoff pep rally that includes the opportunity for students to sign up for Fuel Up to Play 60, start improving their healthy eating and physical activity behaviors and participate in the Fuel Up to Play 60 Plays and Challenges. Include student-created...
- Buttons: View Play, Print Play, Send to my Dashboard
- Progress: Viewing Play 32 of 62, skip to play, GO

**Play Categories:**

- Healthy Eating Plays:** Include ideas for breakfast at school, cafeteria makeovers, getting students to taste (and choose) nutrient-rich foods and helping youth learn about the foods that can keep them healthy.
- Physical Activity Plays:** Focus on building opportunities for students to be active before, during and after school. Ideas for in-class activity breaks and the NFL PLAY 60 program make being physically active
- Kickoff & Promotion Plays:** Build excitement for the program and keep youth and adults interested in and focused on improving healthy eating and physical activity habits!
- Challenge!:** Build excitement for the program and keep youth and adults interested in and focused

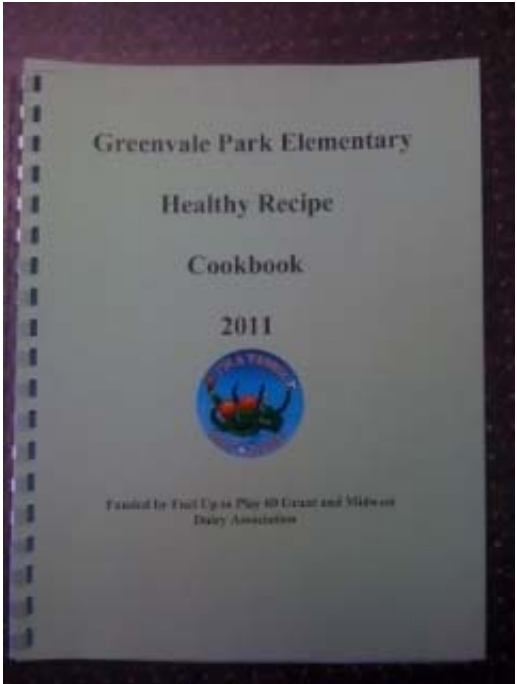
The Windows taskbar at the bottom shows the Start button, several open applications (Inbox, PowerPoint, Documents), and the system tray with the time 9:55 AM.

# Playbook: Healthy Eating Plays



A screenshot of a web browser displaying the 'Salad Bar Tryouts' page on the Fuel Up to Play 60 Playbook website. The browser's address bar shows the URL 'http://school.fueluptoplay60.com/playbook/play.php?id=13810720'. The website header includes the 'FUEL UP TO Play 60' logo and navigation tabs for 'Welcome', 'Join', 'Game Plan', 'The Playbook', 'Tools &amp; Resources', and 'The Community'. A user is logged in as 'Lorna' with a 'Go To My Dashboard' button. The main content area features a 'Salad Bar Tryouts' section with a 'healthy eating' graphic of a jar of salsa. The text describes the tryout process: 'Work with students and the school nutrition manager to design and create a salad bar in your cafeteria. Use student input to ensure you include choices they will eat. Hold "salad bar tryouts" to help select the right foods. If you already have a salad bar, hold tryouts to see what might be more popular than what is already there!'. A list of steps includes forming a team, brainstorming food options, organizing a tryout, tallying results, requesting donations, and reminding students to track their choices. A 'Rate This Play' link with a star rating is visible. To the right, there are sections for 'Tell Us Your Story!' and 'Funds for Fuel Up to Play 60' with a deadline of February 15, 2011. The browser's taskbar at the bottom shows several open applications and the system clock at 3:21 AM.

# Success Stories!



# Sullivan 2010-2011 Healthy Eating Success



**Taste testing in health class!**





# Playbook: Physical Activity Plays



After-School Fun Fitness Activities | Playbook | Fuel Up To Play 60 - Windows Internet Explorer

http://school.fueluptoplay60.com/playbook/play.php?id=13812302

File Edit View Favorites Tools Help

Midwest Dairy Association (7) Midwest Dairy Association (6) 7-Day Forecast for Latitude... 911Tabs.Com - External Link Midwest Dairy Association (5) Midwest Dairy Association (4)

After-School Fun Fitness Activities | Playbook | Fuel U...

<< Fuel Up to Play 60 Home Saturday January 8 10:35 AM

share email print help admap

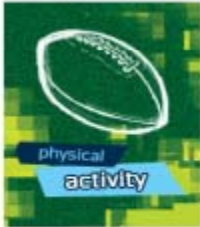
**FUEL UP TO Play 60** Welcome Join Game Plan The Playbook Tools & Resources The Community

Hello, Lorna (0) (5) logout Go To My Dashboard

home > playbook > After-School Fun Fitness Activities

### After-School Fun Fitness Activities

Rate This Play >>



Physical activity

Type of Play: Physical Activity  
Subcategory: After-School Pick-Up-Ups  
Student Interest Areas: Games, Physical Fitness, Public Relations  
Grade Level: Elementary & Secondary  
Level of Involvement: Going Further

**BACK TO THE PLAYBOOK**

Use Action for Healthy Kids' Game On! The Ultimate Wellness Challenge After School Fun Fitness Activities to create easy-to-implement fitness activities that can be modified to fit the number of participating students and the availability of equipment

- Visit [Game On! The Ultimate Wellness Challenge After School Fun Fitness Activities](#)
- Look for a suitable location to set up the After School Fun Fitness Activities with your school physical education team and principal.
- Work with the physical education team to set up the activities you are interested in pursuing. Set up all the activities to run as stations on a special after-school fitness day, or use the activities individually on different days -- whatever is most appropriate for your after-school program.
- Select the best days and times for the activities, and arrange a schedule for who will set up and supervise them.
- Publishize the benefits of using the activities. Use the information and ideas in Tools and Resources below to help

Everyone Can:

- Help select the activities and their location
- Organize set-up and take-down of the activities on designated days and times
- Publishize the existence of the activities and encourage teachers and students to participate
- Make posters and flyers announcing the activities
- Organize the kickoff event
- Encourage their friends and classmates to be physically active and track their choices

### Tell Us Your Story!

Visit the Fuel Up to Play 60 Community to share your successes and learn more about what others have done.

**VISIT COMMUNITY**

### Funds for Fuel Up to Play 60

Deadline: February 15, 2011

Learn about funding opportunities to help you implement your program successfully.

**APPLY TODAY**

start | Index - Microsoft Out... | How FUTP 60 Conduc... | FUTP 60 Program Ad... | After-School Fun Ftn...

Internet 100%

# Success Stories!!



# Sullivan 2010-2011 Recess Makeover



**Before : Recess without  
equipment =  
No physical activity**

**After: Recess with  
equipment =  
Opportunities for all**

# Website Tools & Training

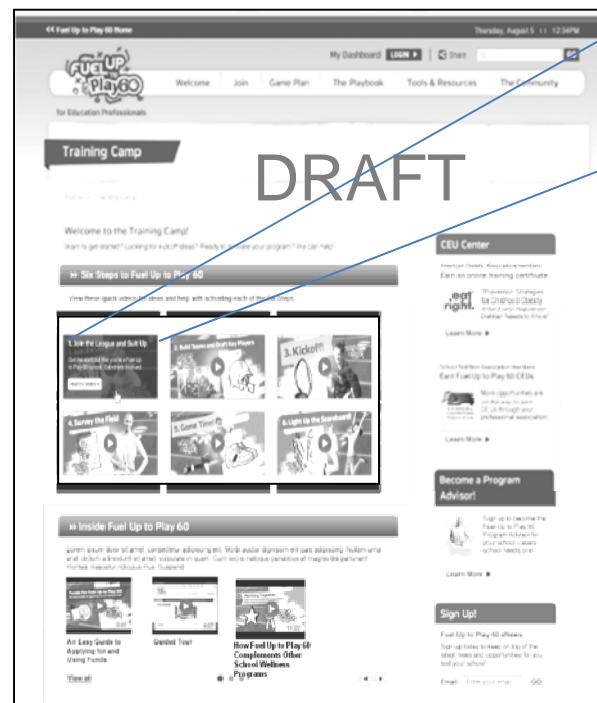


- **Tools and Resources**

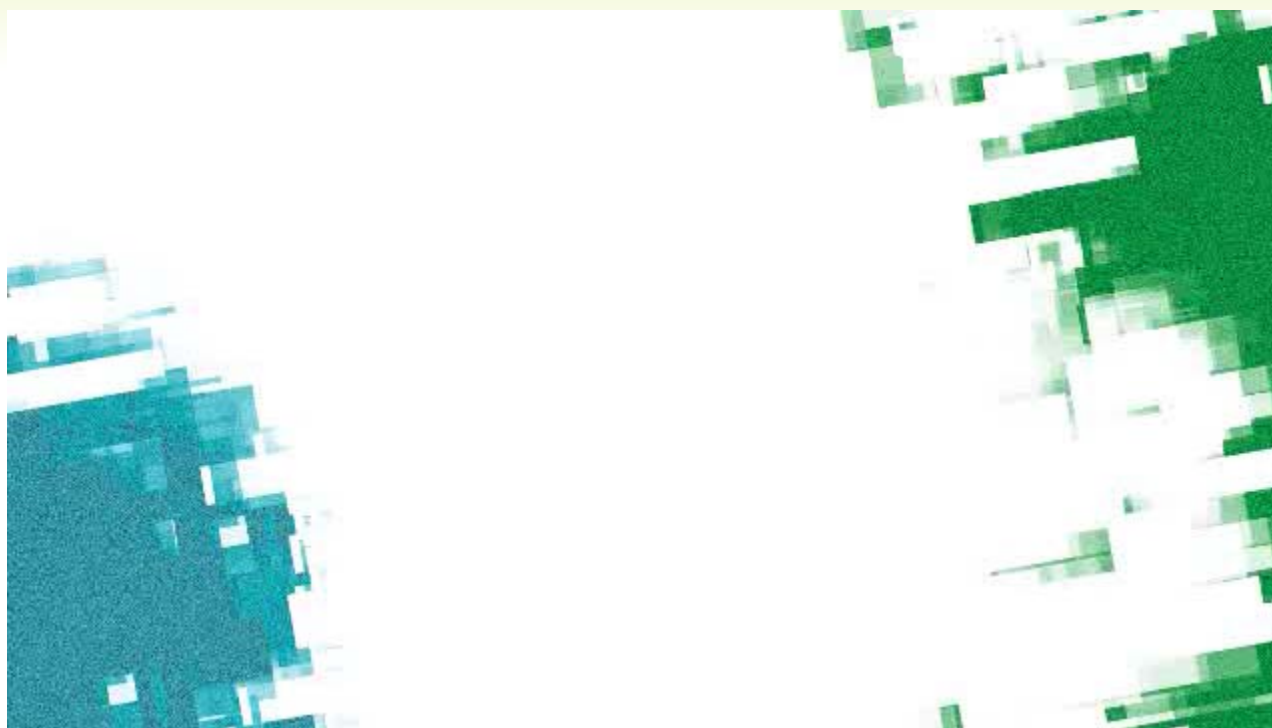
- Reorganized and updated sections
- New “Nutrition Education” and “Physical Activity” Resources sections

- **Online Training Camp**

- Updated training clips
- Step-specific resources highlighted with each clip



# Training Clip video



# Training Clip video



# Funds for Fuel Up to Play 60: Designed to support changes



Students should become aware of the importance of healthy eating and getting at least 60 minutes a day of physical activity.

Students should have greater access to – and should increase their consumption of – nutrient-rich foods, including low-fat and fat-free dairy, fruits, vegetables and whole grains.

Students should have more opportunities for and participate more frequently in physical activity in school.

You should focus on sustainable changes that will make your school a healthier place.



# Funding

Your school is eligible to apply for funds if you:



enrolled in Fuel Up to Play 60

have at least one Program Advisor

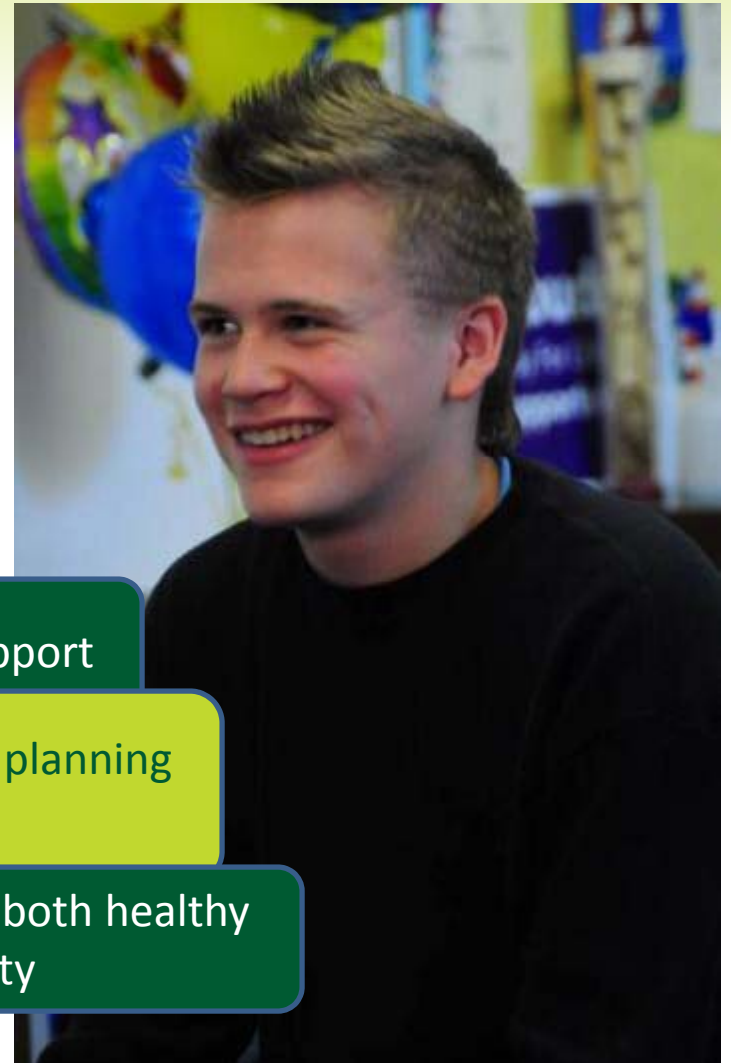
completed the Fuel Up to Play 60 School Wellness Investigation

participate in the National School Lunch Program

have appropriate backing and support

involve students in program planning and participation

use the funds to address both healthy eating and physical activity





# Funds may be used for:



- ✓ In-school promotions
- ✓ Giveaways to encourage participation
- ✓ Stipends for staff/professional involvement
- ✓ Foodservice materials and equipment
- ✓ Physical activity materials and equipment
- ✓ Nutrition education materials
- ✓ Tracking/measurement



# How It Can Help Your Program



## ✓ Growth In Average Daily Participation

Kids will want to participate and eat when they've had input in the selection

## ✓ Additional resources

Incentive funds/grants are available at the school and district levels; national and state rewards

## ✓ Provider of highly visible added-value solution

Program promoted in national media and throughout school nutrition and health professional communities

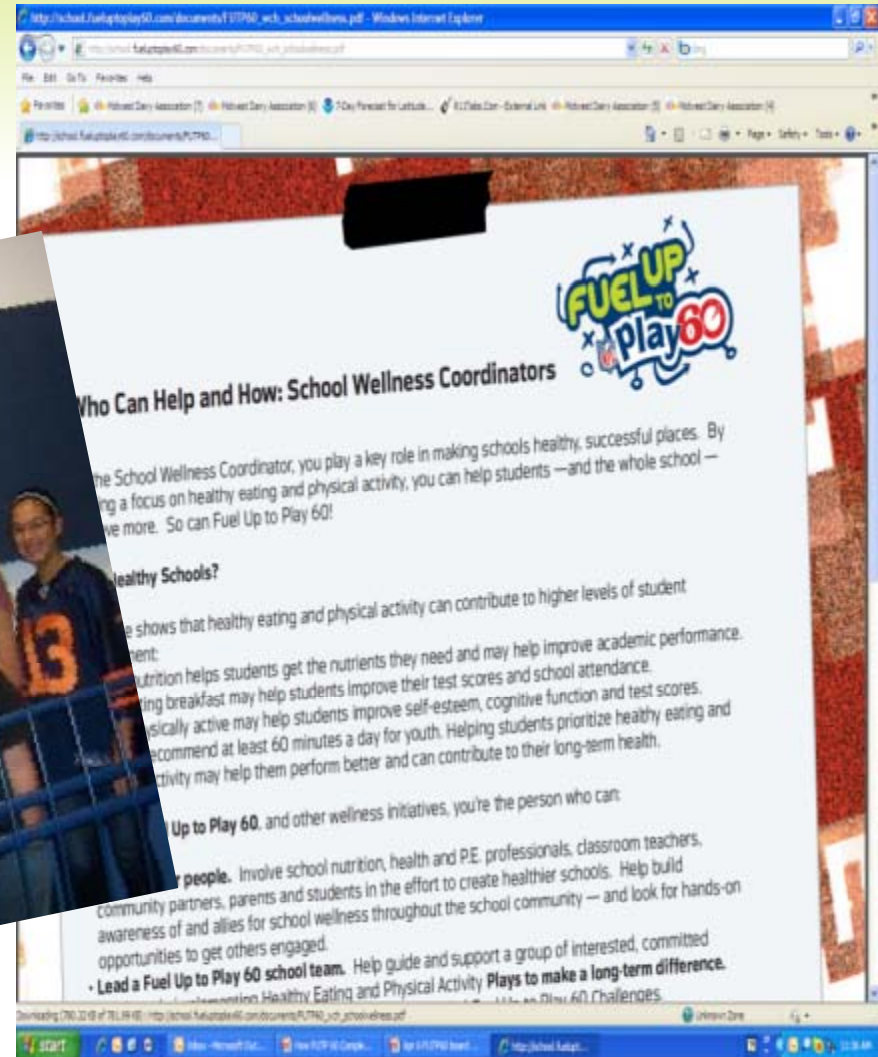
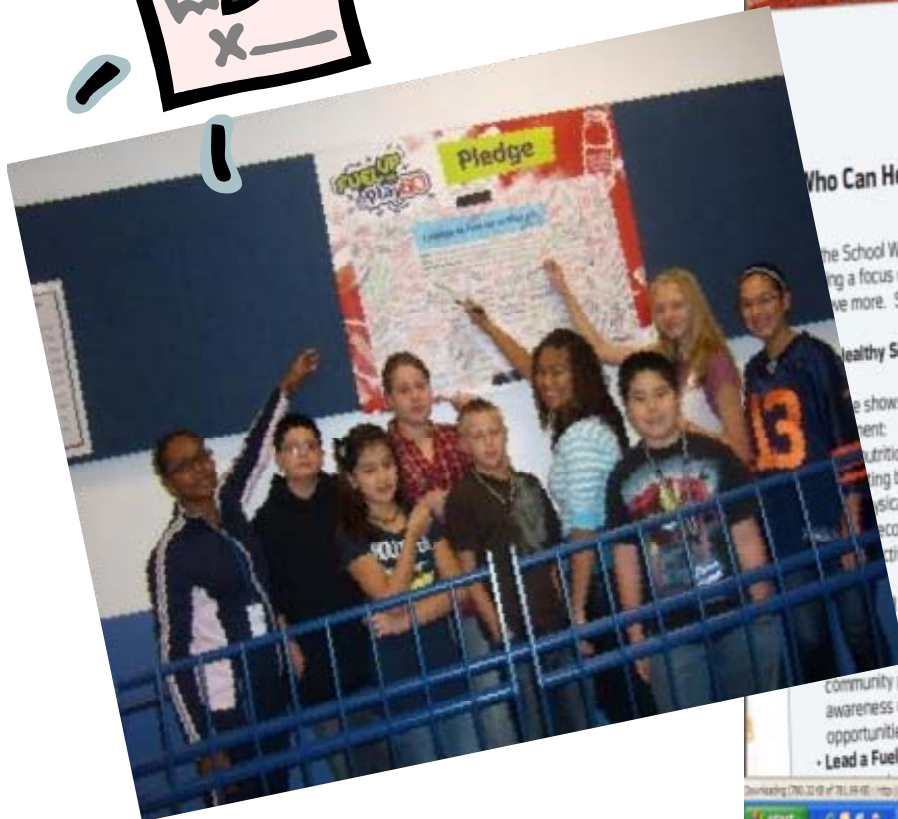


## ✓ Additional influence and impact

Extend involvement with other stakeholders within broader school community



# Wellness Plan Implementation



# Different Programs - Common Goals Working in Tandem to Achieve Results



# Fuel Up to Play 60 Gives Tools to Achieve HUSSC and other programs



Online tools and resources

Offers an incentives and rewards structure – and opportunities for funding

Engages students in the process

Brings NFL excitement



# President's Challenge



- President's Council on Fitness, Sports and Nutrition's President's Challenge
  - NFL and Fuel Up to Play 60 commitment to helping 200,000 kids sign up for PALA



# Kids Eat Right Initiative



- American Dietetic Association/Foundation
  - Mobilize registered dietitians nationwide
  - Educate schools on healthy weight and quality nutrition
  - Support White House and Let's Move goals

**KIDS eat right.**

# Healthy Schools Program



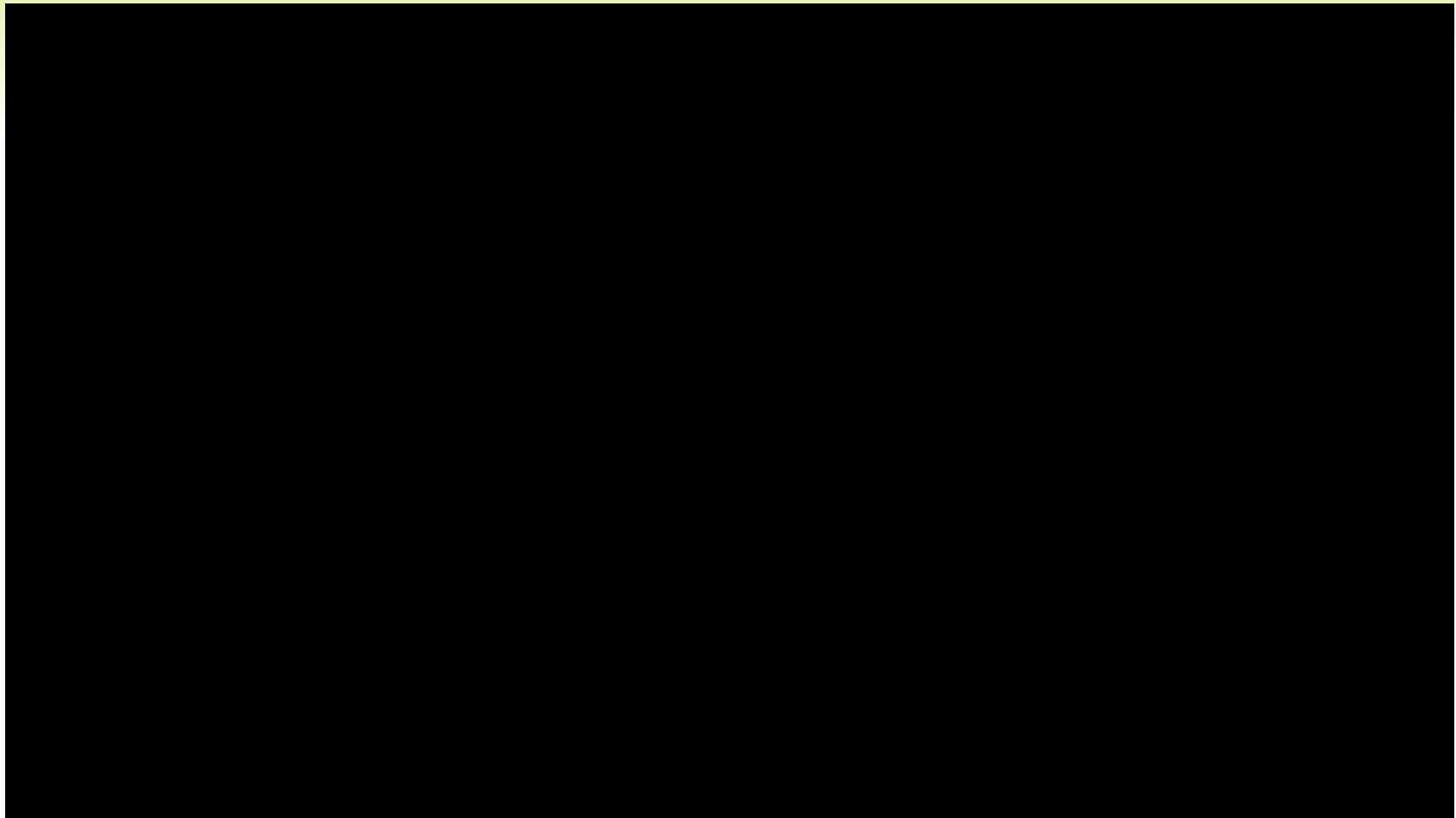
- Alliance for a Healthier Generation's Healthy Schools Program
  - Healthy eating “plays” (taste tests)
  - Physical activity “plays”
  - Resources for nutrition education
  - Promotes meal participation and nutrient-rich foods



Alliance  
for a  
**Healthier  
Generation**



# Time to Play 60





Janeen Peterson RD

District 196

Rosemount Apple Valley Eagan

[janeen.peterson@district196.org](mailto:janeen.peterson@district196.org)

(651) 683-8558

# Fuel Up to Play 60 Integration with Nutrition and Physical Activity Programs



HealthierUS  
School  
Challenge



District of  
Excellence

# School Nutrition Association Support



- **Goal**
  - 6,000 Members Enroll their Schools in *Fuel Up to Play 60*
- **Fuel Up to Play Ads**
  - “*School Nutrition*”
- **Fuel Up to Play Designated Web Page**
  - [www.schoolnutrition.org/fueluptoplay60](http://www.schoolnutrition.org/fueluptoplay60)
- **Continuing Education Credits (CEUs) available for Fuel Up to Play 60 activities**



# Earn CEU's

www.fueluptoplay60.com



Search  [Go](#)

**SCHOOL NUTRITION ASSOCIATION**

[Member Login](#) | [My SNA](#)  
[First time Logging in?](#)

**SNF and National Dairy Council: Partners for Student Wellness**

- [Shopping Cart](#)
- [Emporium Shop](#)
- [CN Marketplace](#)
- [SNF Foundation](#)
- [Global Foundation](#)
- [About SNA](#)

- [Home](#)
- [About the Program](#)
- [How to Earn CEUs](#)
- [CEU Activities](#)

### CEU Activities

**\*\* Important Note: In order to receive CEUs for any Fuel Up to Play 60 activity, you MUST download and have on file the SNA Fuel Up to Play 60 CEU Certificate as well as the documentation outlined for each activity below. [Complete a short survey to download Fuel Up to Play 60 CEU Certificate](#)**

- 1. Team Kick-Off Meeting (1 CEU)**
  - ▶ Earn **1 CEU** for coordinating a one hour meeting. Kick-off meetings should typically include the site team made up of faculty, staff, and students.
  - ▶ *Documentation:* [Download Fuel Up to Play 60 CEU Certificate](#), agenda (including date, location, and timeline), and participant list.
- 2. School-wide Kick-Off (1 CEU)**
  - ▶ Earn **1 CEU** with a school-wide kick-off event to promote Fuel Up to Play 60 to the entire student body. Program Advisors should

**FUEL UP TO PLAY 60**

EAT HEALTHY. GET ACTIVE.  
MAKE A DIFFERENCE.

**Breakfast Anytime, Anywhere!**  
Make sure students get this important, nutritious meal by Expanding Breakfast.  
[\[Read More\]](#)

# District of Excellence



- School Nutrition Association's District of Excellence
  - Operations: Taste test new healthy foods
  - Marketing/Communications: Engage students & staff
  - Nutrition/Nutrition Education: Team members part of wellness committee; breakfast "plays" for healthy meals; school Wellness Investigation tool
- Continuing Education Course for Activating Fuel Up to Play 60
- Other Member Resources



# HealthierUS School Challenge



- USDA's HealthierUS School Challenge
  - Healthy eating “plays” (taste tests)
  - Physical activity “plays”
  - Resources for nutrition education
  - Promotes meal participation and nutrient-rich foods



# USDA Healthier US School Challenge



Nutrition Standards	Meal Participation	School Meals	Competitive Foods	Competitive Beverages
---------------------	--------------------	--------------	-------------------	-----------------------

- |   |  |   |   |   |
|---|--|---|---|---|
| <ul style="list-style-type: none"> <li>• SMI review within 5 years</li> </ul> | <ul style="list-style-type: none"> <li>• ADP lunch (n/a Bronze)</li> <li>• Elem/Mid (Silver 60%, Gold 70%)</li> <li>• HS (Silver 45%, Gold 65%)</li> </ul> | <p>Choices available</p> <ul style="list-style-type: none"> <li>• Different vegetable daily</li> <li>• Different fruit daily</li> <li>• 100% juice as fruit</li> <li>• Whole grain</li> <li>• ≤ 1% flavored or unflavored milk daily</li> </ul> | <p>Requirements</p> <ul style="list-style-type: none"> <li>• ≤35% kcal fat</li> <li>• ≤0.5gm/svg trans fat</li> <li>• ≤10% kcal sat fat</li> <li>• Na: 480 mg/non-entrée, 600 mg/entrée</li> <li>• NSLP serving not to exceed 200 kcal</li> </ul> | <p>Requirements</p> <ul style="list-style-type: none"> <li>• ≤ 1% flavored or unflavored milk; 8 oz max serving</li> <li>• 100% fruit/veg juice no sweeteners;</li> <li>• Unflavored water</li> </ul> |
|---|--|---|---|---|



- |     |  |  |   |   |
|-----|--|--|---|---|
| N/A | Action "Plays" (Try It, You'll Like It!) | <ul style="list-style-type: none"> <li>• Try It, You'll Like It! Taste Test Days, Salad Bar Tryouts, Build Your Own Shake-Up, etc.</li> <li>• Menu Makeover</li> </ul> | <ul style="list-style-type: none"> <li>• Vending Revamp</li> <li>• Try It, You'll Like it!</li> </ul> | <ul style="list-style-type: none"> <li>• Vending Revamp</li> <li>• Menu Makeover</li> </ul> |
|-----|--|--|---|---|

Nutrition Education	Physical Education	Wellness Environment	Wellness Policy	Other
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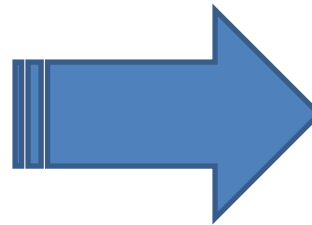
- |   |   |   |  |     |
|---|---|---|--|-----|
| <ul style="list-style-type: none"> <li>• Min 2 grades (elem), 1 grade (sec)</li> <li>• HS 2 courses for grad</li> <li>• Elem; structured unit</li> <li>• Prohibit using food as reward</li> </ul> | <ul style="list-style-type: none"> <li>• Structured PE</li> <li>• Elem: unstructured daily options (recess)</li> <li>• Not denying PA or using as punishment</li> <li>• Sec: promote in and out of school PA</li> </ul> | <ul style="list-style-type: none"> <li>• Nonfood items for fundraisers</li> <li>• Foods sold throughout day meet competitive food guidelines</li> </ul> | <ul style="list-style-type: none"> <li>• Copy submitted</li> </ul> | N/A |
|---|---|---|--|-----|



- |  |   |  |     |     |
|--|---|--|-----|-----|
| <ul style="list-style-type: none"> <li>• Taste Test Days</li> <li>• How Many Can You?</li> <li>• What Food Can Do For You</li> <li>• Spreading the Word</li> </ul> | <ul style="list-style-type: none"> <li>• All Physical Activity Action "Plays" (Make the Most of Mornings, Physical Activity: Anywhere, Anytime!, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• FUTP60 as part of Wellness Plan implementation</li> </ul> | N/A | N/A |
|--|---|--|-----|-----|



# District 196 Looking to the Future





# **Falcon Ridge Middle School**

**Principal- Noel Mehus**

**Student Advisor- Erin Sullivan**

**Phys Ed Advisor- Sally Milliman**

**Food Service Manager- Micki Dahl**

# Falcon Ridge Middle School Video





# Role of School Nutrition Professional

- ✓ Go to [www.fueluptoplay60.com](http://www.fueluptoplay60.com) and enroll in the program to access information about your school or district.
  - ✓ You will then have your own personal dashboard
  - ✓ Sign up as supporter or advisor (multiple advisors welcome)
- ✓ Encourage enrollment of schools not enrolled.
- ✓ Find out others who are signed up as a supporter & work with them to engage or deepen program activation, focusing on Healthy Eating Plays.
- ✓ Use program resources to help you meet HUSSC criteria and reauthorization menu changes
- ✓ Share success stories with other school nutrition peers

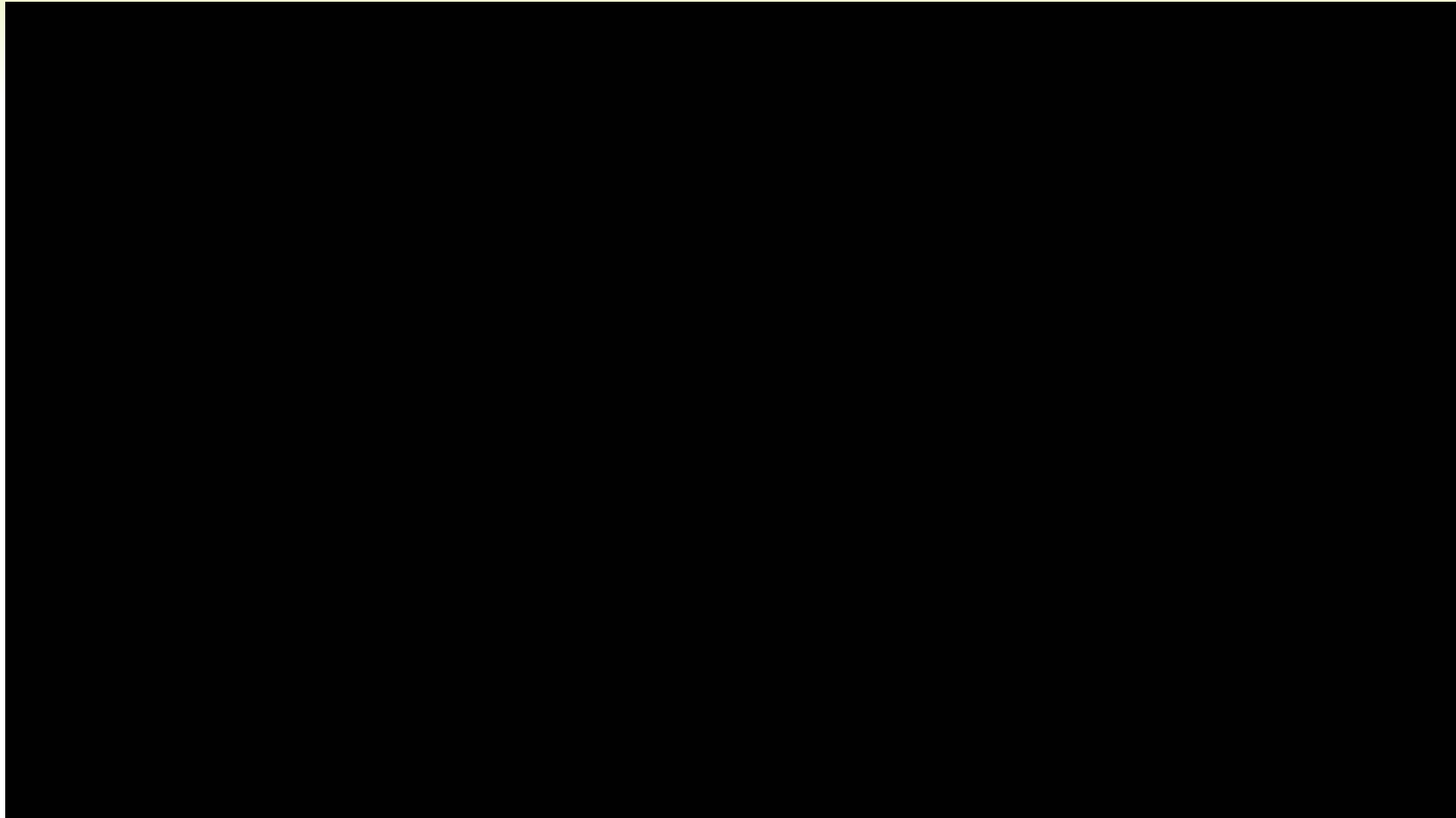
# How You Can Join the Team



- Learn About the Program
  - Go to [FuelUpToPlay60.com](http://FuelUpToPlay60.com)
- Join the Movement
  - Sign up your school or yourself to be a supporter ( Back to school contest)
- Get Involved
  - Build relationships with other key staff/stakeholders
  - Share your expertise and provide guidance and counsel
  - Promote & support school Fuel Up to Play 60 efforts



Happy & Healthy Kids  
Tell it All!



# Working Together Equals Success





# Thank You!

Lisa McCann RD

[lmccann@midwestdairy.com](mailto:lmccann@midwestdairy.com) or 651-487-4749

Midwest Dairy Council [www.midwestdairy.com](http://www.midwestdairy.com)

