

Instructions for Simplified Lower Fat Milk Taste Test

Supplies:

- 3 ounce patterned or colored paper cups (not clear or red)
- 2 (or more) dish towels
- Ice bucket/tall plastic container
- Ice
- Opaque (not clear) water bottle
- 1% milk
- Small trash can
- Paper towels or napkins if available (“just in case”)

Directions:

- Pour 2-3 cups of 1% milk into the water bottle.
- Refrigerate remaining milk.
- Place water bottle in ice bucket and surround with ice (almost to the top).
- Pour 1-2 cups of water over the ice in the bucket.
- Place ice bucket on top of one folded dish towel on a desk/table
- Use remaining dish towel(s) to wipe up spills/dripping water.
- Discard any milk from the water bottle after 2 hours.
- Wash water bottle in hot soapy water and begin again.

Activity:

- Offer any child who comes in the office a sample of milk equaling about 1 ounce.
- Give seconds if they ask for seconds.
- Point out to parent that the child just drank 1 (or 2) ounces of 1% milk.
- Remind parent that WIC is encouraging families to choose lower fat milk.

Notes/Milk Math:

If you serve each child 2 ounces of milk, 1 gallon will serve 64 children. Refer to the chart below for calculations:

Size of Container	Total Ounces	Number of 2-ounce Servings per Container
1 gallon	128	64
½ gallon	64	32
1 quart	32	16
1 pint	16	8