

WORLD MILK DAY *RESOURCE*

CELEBRATE WITH
ACTIVITIES,
RECIPES &
MORE...

WORLD MILK DAY



Developed in partnership with



Prioritising Wellbeing





Contents

Introduction to World Milk Day	3
Reminiscence Activity	4
Recipe – Banana Causeway	6
Tasting Session – Fat Levels	7
World Milk Day Quiz	8
Goodness of Milk	12
Poetry	13
Acrostic Poem	15
Creative Writing Task	16
Recipe – Rice Pudding	17
Cow Pom Pom Activity	18



Access NAPA and
Lakeland Dairies Best
Practice Toolkit for food
based activities here



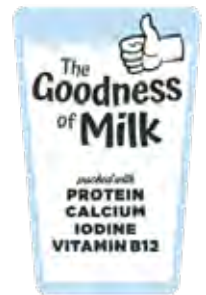
What is World Milk Day?



World Milk Day was established over 20 years ago by the Food and Agriculture Organisation (UN). The day recognises the importance of milk as a global food and celebrates the dairy sector. The benefits of milk and dairy products are actively promoted around the world, including how dairy supports the livelihoods of one billion people.

Lakeland Dairies are delighted to...

...present World Milk Day to you. As an Irish dairy co-operative with a heritage of over 125 years of dairy farming, we are truly passionate about milk, dairy and the Goodness of Milk! We hope this resource helps to inspire connected conversations, activities, fun and – importantly – deliciousness all around milk! This resource was developed with NAPA and their expertise to help create a wonderful and informative guide!



Lakeland Dairies' Partners, NAPA say:

“World Milk Day is the perfect opportunity for Catering Teams and Activity Providers to come together and create tasty and meaningful milk based activities.”

Hilary Woodhead
NAPA's Executive Director



World Milk Day Activities

It can be pleasurable to exchange memories with others, to find common ground and to share experiences. World Milk Day provides a great opportunity to encourage people to share a few ideas to inspire your World Milk Day activity programme planning. These include Tips and conversation starters to support reminiscence, a Milk inspired Quiz, Poetry discussion, creative writing activities and a pom pom making activity.

Reminiscence can:

- Be fun, especially if it is offered in a welcoming and inclusive manner
- Prompt people's stories
- Increase a sense of identity and enhance self-esteem
- Consolidate friendship and enhance self-esteem
- Encourage people to value their own individual and unique life experiences
- Help to increase self-esteem and an ethos of respectful and attentive listening
- Provides opportunities to deal with painful memories in a supportive environment
- Enable a sense of continuity to the remembered life, linking past and present
- Increase job satisfaction
- Support us to learn about the past lives of the people we support
- Remember that not everyone will have good memories. Be sensitive, supportive and inclusive in your approach.



Objects - As humans, we often attach memories to items or things that represent an experience in our lives. Simple objects like a milk bottle, cookbook or recipe can become resonant conveyors of meaning through their connection to an event or specific memory. What kind of tangible things could you bring for people to look at, feel and talk about? Try to gather things like milk bottles and cartons, cereal packets, tea bags, photographs of milkmen? What phrases can you say? What songs can you sing? What poems can you read? What music can you have playing in the background?

Conversation Starters - What about providing people with discussion cards to read to stimulate conversation?

Tell me about...

- What do you think of World Milk Day?
- Is milk good for you?
- Did you get free milk at school?
- What's your favourite milk pudding?
- Do you have milk in your tea/coffee?
- Have you ever had a milkshake?

Nutrition - Connect with your catering teams and talk about World Milk Day foods. Then provide samples of skimmed, semi-skimmed and full-fat milk for conversation and tasting.

Inclusivity - It is important to remember that anyone can participate in a reminiscence session; they can be held in groups or one on one. It is essential to be led by the individual. Not everyone will appreciate the importance of World Milk Day, recognising traditions from other cultures can enable a conversation about difference and encourage understanding, helping to make people feel included and valued.



Why not make a delicious creamy cocktail for World Milk Day!

RECIPE

Banana Causeway Creamy Drink



Lakeland
DAIRIES

Make a delicious creamy cocktail for World Milk Day. This recipe has been especially developed by Lakeland Dairies to be delicious AND High in Protein!

Make it alcoholic!

Add Irish Mist Liqueur or Whiskey!



Serves 10
High Protein Creamy Drinks

Ingredients

175g Banana

250ml Millac Gold Double

500ml Lakeland Dairies Whole Milk

288g Lakeland Dairies 100% Dairy Skimmed Milk Powder

50g Honey

Method

1. Slowly pour the milk powder into the milk while continuously whisking
2. Once fully incorporated, whisk in the Millac Gold
3. Add the banana and honey and blend the ingredients together
4. Serve chilled

Hero Product for Fortification



Did you know?
Semi Skimmed Milk contains 1.7% fat and Whole Milk contains 3.5%

Tasting Session Activity

Try offering a glass of semi skimmed milk and a glass of whole milk, to see if people can distinguish the difference in the tastes! How about using different types of milk?

1 billion people have livelihoods supported by the dairy sector

816 million tonnes of milk are produced by the dairy sector annually



Nearly 10% of the world population directly depends on dairy farming

600 million people live on 133 million dairy farms around the world



Fun facts sourced from:
www.globaldairyplatform.com

World Milk Day Quiz

A quiz is a familiar activity that encourages reminiscence, competition and debate. It enables verbal communication and social interaction, but it requires preparation and an inclusive approach to ensure a positive experience for everyone.

10 Tips for before the quiz

1. Do your research about World Milk Day - make sure the information is accurate
2. Advertise your World Milk Day Quiz
3. Personally invite the people you support to attend
4. Invite family and friends and encourage staff to take part
5. Ask for help
6. Prepare the room in good time, allowing plenty of space
7. Set up sound e.g. equipment if needed
8. Ask staff to support individuals if needed
9. Print off a quiz for an instant activity that a person can do alone, in a small group, or one-to-one
10. If printing is difficult, you could also look at them on a tablet and note answers on a piece of paper

Tips for during the quiz

Quizzes don't need to be competitive, but they do need to fun. Explain any rules clearly.

- Explain about World Milk Day
- Play music as people arrive
- Speak clearly
- Check everyone can hear
- Spend time introducing people

- Consider an Ice Breaker e.g. sing a song together
- Welcome latecomers and include and encourage everyone to take part
- Direct questions to the whole group
- Try not to make people feel silly if they get it wrong 'That's a great answer, but not the one I have here!'
- Have a few questions that you know those who find it more difficult will know the answer to
- Give clues
- Announce the last question
- Have a break
- Encourage little conversations between questions
- Give prizes
- Stay and chat
- Thank everyone for coming and ask them to come back next time

5 Tips for after the quiz

1. Enjoy a nice cold milk based drink
2. Ask them how they thought it went
3. Take time to reflect
4. Write up your notes
5. Feedback to the wider team





Quiz Questions

1. True or false - milk is the source of all dairy products?
2. Milk is a major source of which mineral?
3. Which wartime leader said 'There is no finer investment for any community than putting milk into babies'?
4. Who wrote the poem 'Under Milk Wood'?
5. True or false, the first milk bottle was made over 100 years ago?
6. Who was the UK Education Secretary when free school milk was stopped for primary school children?
7. What is the naturally occurring sugar in milk?
8. According to the song, what was the name of Benny Hill's fastest milkman in the west?
9. Which Egyptian Queen is said to have bathed in milk?
10. True or False – cows have four stomachs?



*Print and hand
this page out, so
everyone can have
a go at answering
questions!*

Quiz Answers



1. True
2. Calcium
3. Winston Churchill
4. Dylan Thomas
5. True - made in 1884
6. Margaret Thatcher
7. Lactose
8. Ernie
9. Cleopatra
10. True! Cows have complex digestive systems to turn grass into high quality, nutritious milk!



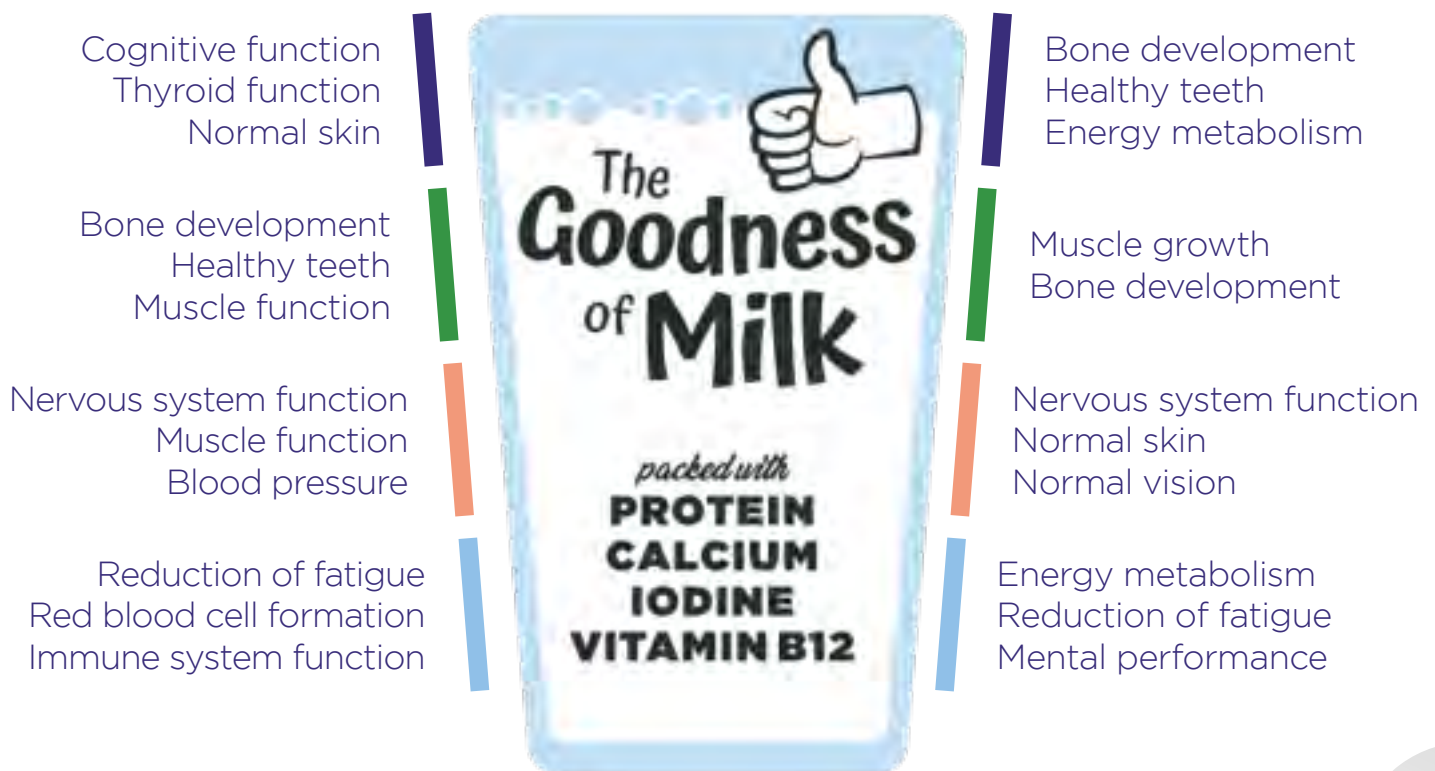
Goodness of Milk

Milk is a natural, delicious and nutritious drink and is an important component of a balanced diet and an active lifestyle.

It's a well-known fact that milk is an excellent source of calcium, which is a key nutrient for the normal growth, development and maintenance of our bones. In fact, 99% of the body's calcium is found in our bones and teeth. But there's more to milk than calcium - with just one glass providing us with 8 essential nutrients, each playing important roles for our health.

Please share this page with your catering team!

The nutrients in milk contribute to the normal functioning of many processes in our bodies:



Source: EU Register of Nutrition and Health Claims made on foods

Source: National Dairy Council Ireland
<https://ndc.ie/nutrition/dairy-matrix-of-nutrients/>

Further Reading: DCNI: Nutrients in Milk
<https://www.dairycouncil.co.uk/consumers/nutrition/nutrients-in/milk/overview>

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Poetry for World Milk Day

Poetry is one of the many forms of expression; pain and happiness are lamented in words and shared.

There is a poem on the next page about World Milk Day. Consider reading the poem aloud and asking the following questions:

- ***What do you notice about this poem?***
- ***What else have you read that connects somehow to this poem?***
- ***What is your favourite word in this poem?***
- ***Do you like the poem? If so, why?***
- ***How does it make you feel?***

The logo for Lakeland DAIRIES, featuring a stylized cow head icon to the left of the text "Lakeland" in a serif font and "DAIRIES" in a sans-serif font, both within a light grey rectangular border.

Lakeland
DAIRIES

Winter Milk

by Carl Sandburg

*The milk drops on your chin, Helga,
Must not interfere with the cranberry red of your cheeks
Nor the sky winter blue of your eyes.
Let your mammy keep hands off the chin.
This is a high holy spatter of white on the reds and blues.*

*Before the bottle was taken away,
Before you so proudly began today
Drinking your milk from the rim of a cup
They did not splash this high holy white on your chin.*

*There are dreams in your eyes, Helga.
Tail reaches of wind sweep the clear blue.
The winter is young yet, so young.
Only a little cupful of winter has touched your lips.
Drink on... milk on your lips... dreams with your eyes.*

This poem is in the public domain.



Acrostic Poem

Writing poetry can be a creative and therapeutic process, enabling us to express our feelings and experiences. Most people will say they are not poets; this simple, easy acrostic poem will show them they are!

When the sun shines,
O
R
L
D
M
I
L
K
D
A
Y



Creative Writing

Use photographs to prompt a conversation and create a story. Use this photograph to inspire a story in celebration of World Milk Day.



Here are some suggested questions to prompt your conversation:

- What year do you think this photograph could have been taken?
- Where in the country or world do you think it is?
- What day and time is it?
- Can you tell me what names we should give to the individuals?
- Are they friends or relatives?
- What do you think they are doing?
- What can you see around them?

You can use the questions as conversation starters. Write down the answers and memories as they are shared. Use the notes to form the basis of the story and ask for other ideas. Read the story aloud and edit it together, letting the story evolve. Take your time!

RECIPE

Rice Pudding

Serves 10
Allergens - Milk

Ingredients

110g Pudding Rice

1ltr Lakeland Dairies Milk

500ml Lakeland Dairies

Whipping Cream

250g Lakeland Dairies

100% Skimmed Milk Powder

70g Sugar

15g Vanilla Essence

Tip!

Great served hot or cold & can be served as is or with seasonal fruit.

Method

1. Add all the ingredients to a saucepan and bring to a simmer.
2. Stirring occasionally, cook gently for around 25 minutes until rice is tender and mixture has thickened.

Simple & Effective Fortified Milk



1 PINT
Liquid milk

+



5 TBSP
Skimmed Milk powder

=



FORTIFIED MILK

Lakeland
DAIRIES

A deliciously creamy recipe. Milk is truly the star of this dish!



Pom Pom Cows

We had so much fun creating these in the **Lakeland Dairies** office! They're fun to make and you can do many different sizes and styles. We used a pom pom maker but you could use cardboard if preferred.

What You'll Need:

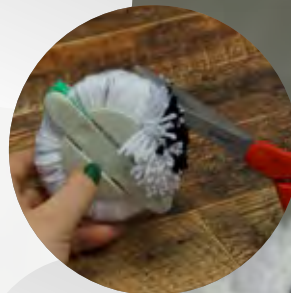
White Wool, Black Wool, Pom Pom Maker, Googly Eyes, Pen, Glue Stick, Cardboard, Scissors, Self Adhesive Black Felt, Ribbon

Wind white wool across the full length of the pom pom maker. Add in chunks of black wool – this will make the cow's spots! Once both sides are formed, cut the edges of the pom pom (this can be a little tricky, so help may be needed!). Use a piece of wool to tie around to secure the pom pom in place – use this piece of wool to make a loop, so the pom pom can be hung up.

Remove the pom pom, fluff it up and give it a trim as needed. Draw a cow face on the back of a piece of self adhesive black felt, then cut it out. Glue on some googly eyes! We used a piece of cardboard to make the nose and drew on the nostrils. Stick on the nose then fix the cow's face on to the pom pom body.

Use some ribbon to add accessories!

Festive Tip! These cows are great fun to create during the festive period and look adorable on a Christmas tree! We created a little Christmas hat out of cardboard and wool to decorate one of our pom pom cows.



Lakeland Dairies Foodservice

Lakeland Dairies Foodservice offers an internationally trusted, high-performing dairy range for chefs. We've been lovingly producing deliciously tasty butter and cream from high quality, wholesome milk from our co-op of family farms since 1897.

We enjoy a rich history of innovative dairy products. Our products are carefully designed to deliver extraordinary taste and fantastic functional performance for our valued customers.

Our modern, automated production technologies ensure our high-quality products are consistent without compromising on taste.

Generations of family farming expertise goes into each and every product.

Lakeland Dairies Co-Operative

We are 100% farmer-owned and managed Irish Dairy Co-Operative. For 125+ years we have produced high-quality, wholesome, and nutritious milk.

We are extremely proud of our heritage and reputation for excellence in dairy farming. Our milk is made from contented cows grazing freely on lush green pastures of our farms.

Our farmers are located in the beautiful countryside of the island of Ireland.

Here, plentiful rainfall, a mild climate and rich soil combine with our farmers' devotion and the co-operative's expertise to create the high-quality milk which gives our products their special taste.



For more information, please contact:

info@napa-activities.co.uk

<https://napa-activities.co.uk>



From lush green pastures, we create products trusted by chefs

www.lakelanddairies.com/foodservice

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