

Does All Milk Come From Cows?



Milk can come from goats too! Did you know that you can also make milk from rice or almonds?



goat milk



rice milk



almond milk

Drink Choices

Which two drinks give your body and brain the most nutrition?



milk



soda



water



juice



Drink Choices

Milk and water are the most nutritious!



milk



soda



water



juice



Drink Choices



soda



sports
drink



milk



water



WHAT HEALTHY CHOICE
CAN YOU MAKE WHEN
YOU ARE THIRSTY?



Nutritious Drink Choices



*fit*TM
SANFORD®