

# Make Milk a Hero in Your Cafeteria

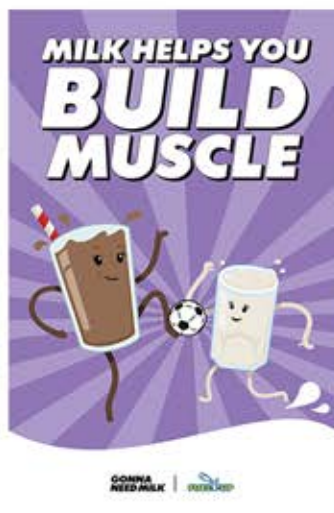
## Milk Poster Giveaway is Here!

Give your students the boost they need! These fun, vibrant posters show how milk fuels energy, strength, and focus to help keep students strong, sharp, and ready to take on the day!

Each poster highlights a nutritional benefit students care about.

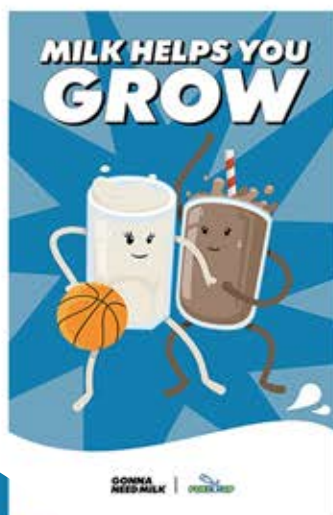
- Only one entry form per school for one set of three posters.
- You may submit entry forms for more than one school in your district.
- Limited supply in each state - first come, first served while supplies last.

For the full giveaway rules, visit [www.fuelup.org/rules](http://www.fuelup.org/rules)



### BUILD MUSCLE

Providing high-quality protein and essential amino acids for recovery and growth.



### GROW

Three servings of dairy a day can help teens reach their full height potential.



### FOCUS

Nutrients in milk support energy, mental clarity, and overall wellness.

Log in to  
**FuelUp.org**

for more information and to  
submit your entry form

**by Friday, September 5.**

**GONNA  
NEED MILK**

