



BACKGROUND

- Milk has 13 essential nutrients that are needed for kids to live healthy lives and succeed in school.
- Currently, only fat-free and low-fat milks are permitted in school meals because of concerns about high cholesterol and obesity in young people, with milk consumption blamed as the cause.
- But USDA’s own findings say that **not enough school children are consuming the recommended levels of dairy**. Additionally, **research demonstrates that full fat dairy is associated with a neutral or lower risk of heart disease and obesity**.
- Congress has long shared bipartisan concern about limiting milk choice and has sought to expand it through appropriations since FY 2015.

THE PROBLEM

- In 2010, schools were prohibited from serving whole milk to students when milk was singled out for regulation.
- **Students are missing out on essential nutrients because of this unnecessary, uninformed government regulation**. If kids don’t like the milk they’re being served, they won’t drink it.
- When milk variety is not available, students turn to highly-caffeinated sugar-sweetened beverages with little nutritional value. In fact, the rate of obesity and diabetes among young people has increased significantly.
- What’s worse, the Biden administration has proposed not only continuing to limit milk options to unpopular fat-free and low-fat types, but also prohibiting students from drinking flavored milk until high school.

THE SOLUTION

- The *Whole Milk for Healthy Kids Act of 2023* will correct a misguided decision to restrict milk choice in school meals by **giving schools the option to serve all types of milk, including whole and 2 percent**.
- Specifically, this bipartisan legislation seeks to give school food service providers simplicity, flexibility, and choice in milk options so they can easily craft nutritious lunches students will enjoy.
- H.R. 1147 also **honors parental and student choice** to round out a nutritious lunch with a popular, healthy beverage.

BOTTOM LINE: The Committee is proud to bring bipartisan legislation before Congress that supports the health, development, and education of our young people by giving students, parents, and food service providers the simplicity, flexibility, and choice in milk options for a nutritious meal we know they will enjoy and consume.