



TIPS TO HELP YOU MILK IT!

What kinds of things would show how we “Milk It”?

- Whatever matters to you! From sports to the arts to community service — we want to see what cool things milk helps you do.
- Things like sports, cooking / baking, music, dancing (even flossing or dabbing), selfies, video games, volunteering, magic, crafts or experiments, riding bikes, drawing, performing, or anything else you can think of!

How do we incorporate milk in our video?

- Grab some real milk — you could even head to your cafeteria and talk to your school nutrition staff about ideas for what to feature in your video.
- Show us how you like your milk! Drink it through a crazy straw, or out of a cool glass. Pour it on your cereal. Mix it in a smoothie. Dunk your PB&J!

How should we film and edit it?

- Use any device with a camera! Cell phone, digital camera, drone, laptop, etc.
- There are TONS of free editing apps for iPhone and Android, such as VideoShop, Splice or Video Editor! Team up with your Program Advisor to help you find the right one for your school. You can even get fancy and add music and graphics to your video!



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