

Sampling Activity



Activity Outcomes

Participants will be able to:

- Test to see if they like the taste of low-fat and fat-free milk
- Compare the calorie, fat and nutrient content of different types of milk
- Learn ways to use milk and other milk products using recipes and tip sheets

Educational Materials Needed

- Poster – “Which Milk is Right for You?”
- Set of 3 milk labels for the different types of milk
- Handout – Low-Fat Milk (English & Spanish)
- Lactose Intolerance Tips tear pads
- Recipe tear pad including Tips for Using Your Milk & Cheese

Supplies Needed

- Cups for tasting (3 oz)
- Gallon or half gallons of low-fat 1% and fat-free milk (1/2 gallon for 25 people)
- Insulated cooler to keep milk cold
- “1% low-fat milk” and “fat-free milk” signs
- Paper towels for clean up
- Trash can and liner for disposal of cups

Low-Fat and Fat-Free Milk

Activity Synopsis

Staff should encourage participants to try the taste test. Use discretion when offering taste test to children. Challenge them to participate in the activity to see if they like the taste of low-fat and fat-free milk. If the family is already drinking fat-free milk, they may not wish to participate. Explain that the activity will only take a few minutes but could help them cut out calories, fat and saturated fat from their diets if they are drinking whole milk or reduced-fat 2% milk. The goal is to encourage participants and their families to switch from drinking whole or reduced-fat 2% milk to low-fat 1% or fat-free milk and understand that all milk contains the same essential nutrients.

What to Do

1. Staff prepares milk samples for 1% low-fat and fat-free milk. Plan on two ounces of milk per person for each type of milk.
2. Place signs near appropriate fat level (face signs inward toward staff).
3. Staff should explain the taste test to the participant. Participants should taste both types of milk. “I’d like you to taste two kinds of milk. One is fat-free, which has no fat and one is low-fat or 1% which has very little fat. You’ll taste the milk in random order and I’ll hand you one cup at a time. After tasting each sample, I’ll ask you to identify it and tell me if you like it. We want you to guess based on the taste of the individual milk and not from the appearance.”
4. The taster guesses type of milk and gives opinion. After the taster finishes tasting the milk samples, WIC staff should use milk labels or educational handouts to briefly discuss nutrition facts of whole, low-fat and fat-free milk as needed.



Staff Notes

If the taster could not tell the difference between the taste of low-fat and fat-free milk:

- Suggest they switch to fat-free milk. It has the same vitamins and minerals as whole milk, including vitamin D and calcium, without all the fat.

If the taster did not like the taste of either low-fat or fat-free milk:

- Remind participants that low-fat and fat-free milk is the only milk that will be available with the new food package. Propose they start with 2% milk and gradually add 1% milk until they are using only 1%.
- Use the low-fat milk handout to help participants understand the health benefits of low-fat and fat-free milk.
- Recommend other ways to use milk referring to tip sheets and recipes.

If taster comments they are lactose intolerant:

- Recommend tips for keeping dairy in the diet using Lactose Intolerance tear pad sheet.