

Good morning, Chairman Scavello and Members of the Senate Majority Policy Committee.

Thank you for taking time to consider a very important issue that has consequences for Pennsylvania's children, consumers, and dairy farmers. We believe that supporting GT Thompson, the Ranking Member on the US House of Representative's Agriculture Committee in his efforts to bring back healthy nutritious whole milk to school kids will help to stabilize the decline in milk consumption while winning over a new generation of milk drinkers.

Fluid milk consumption is vital to the survival of the dairy industry, but even more vital to the PA dairy producers. The premium provided by the fluid milk market and the additional premium from the PA Milk Marketing Board, have helped to keep PA dairy farmers in business. If milk consumption continues to decrease, there will be a continued exit of PA dairy producers.

The Pennsylvania Senate can help to influence additional Representatives from the Commonwealth as well as other states to fight for future milk drinkers and the farmers that produce this nutritious product.

The benefits of whole milk are clear and showing more promise every day.

There are many scientifically proved benefits of whole milk:

1. 1 cup of whole milk is a great, all-natural source of sustained energy.
  - a. 30% daily vitamin requirement for calcium
  - b. 16% DVR of protein
  - c. 24% DVR of vitamin D
  - d. 18% DVR of vitamin B12
  - e. 11 essential vitamins and 8 essential minerals
2. What about the fat?
  - a. Whole milk contains approximately 3.5% fat, half of which is monounsaturated and polyunsaturated.
  - b. One-third of milk's fatty acids are Omega-3, giving it a great balance of healthy fats.
  - c. Fat is necessary in the daily diet for energy and to support cell growth.
    - i. Makes it great for kids.
    - ii. Fat in whole milk is necessary for developing brains in children.
3. American Journal of Clinical Nutrition (2018).
  - a. There is no significant link between dairy fats and cause of death, more specifically heart disease and stroke.
    - i. Follow-up found that dairy fats decreased risks.
    - ii. Supported by European studies
4. New York Times (01/07/2020)
  - a. Kids (between ages of 1 and 18) who drink whole milk are 39% less likely to become overweight than those who drink lower-fat or skim milk.

- i. Supported by Canadian research
- b. Fat in whole milk key in helping children meet energy requirements.
- c. Have higher vitamin D levels than when drinking lower-fat or skim milk.

There have been many reports of skim milk being thrown away by children at school during lunch time.

Whole milk tastes better! Whole milk consumption increased dramatically during the pandemic when children of all ages were home from school.

With food insecurity continuing to increase in Pennsylvania, whole milk is one of the most complete sources of nutrition allowing food insecure children to receive essential nutrients.

Chairman Scavello, thank you for your time and feel free to reach out to me or the staff at the Pennsylvania Milk Marketing Board for more information.