

# Milk from the Heart®

Free fresh milk for New York City kids

**FREE**

## Join us weekly at any of the following locations:

Mondays	9:00 am	Frederick Douglass Boulevard, between 133 and 134th Streets (H.C.Z. Baby College), Manhattan
	1:30 pm	the intersection of Broadway, Hamilton Place, and the corner of 136th Street, Manhattan
	3:00 pm	at the Corner of Lenox Avenue and 111th Street, Manhattan
Tuesdays	9:00 am	207 Lenox Avenue (H.C.Z. Family Support Center), Manhattan
	2:20 pm	near MS 206, 2280 Aqueduct Avenue, Bronx
	4:30 pm	near the intersection of East 196th Street and Grand Concourse, Bronx
Wednesdays	2:20 pm	near P.S. 96, 3rd Avenue at 120th Street, Manhattan
	3:30 pm	237 East 104th Street (Union Settlement), Manhattan
Thursdays	9:00 am	at 176th Street and Wadsworth Avenue (N.M.I.C.), Manhattan
	1:30 pm	127th Street near 8th Avenue (St. Nicholas Houses), Manhattan
	4:00 pm	near the intersection of Evelyn Place and Jerome Avenue, Bronx
Fridays	8:30 am	184 Eldridge Street (University Settlement), Manhattan [University Settlement families only]
	10:00 am	197 East Broadway (Educational Alliance), Manhattan [Educational Alliance families only]
	3:00 pm	Across from Lincoln Hospital, Morris Avenue and 148th Street, Bronx
	4:15 pm	151st Street and Walton Avenue, Bronx

## Why should my kids drink milk?

Milk and other dairy foods like eggs and cheese provide more nutrition with fewer calories than other foods. Each cup of milk contains 9 important vitamins and minerals that help your child **develop strong bones and stay healthy**. Plus, kids who drink milk at breakfast have been known to score higher on tests, have better daily attendance in school, and participate more in class!





## How much milk should my kids drink?

From birth to 1 year of age, infants should not drink cow's milk. Doctors recommend whole cow's milk for children between the ages of 1 and 2, because they need the additional fat to ensure proper **brain development**. After age 2, low-fat and fat-free milk is the best choice. Low-fat (1% or 2%) and fat-free milk have the same calcium, protein, vitamins, and minerals as whole milk, plus fewer calories and less fat.



### So remember:

-  Ages 2 – 8:  
2 servings of milk per day
-  Ages 9 and above:  
3 servings of milk per day

## What if my kids can't drink milk?

Some parents avoid milk for their children because it seems to upset their stomachs. Symptoms like this can mean **lactose intolerance**, but this is very rare. Speak to your medical provider if you have any concerns. However, the risks involved with not eating enough dairy products, such as poor bone development, are far more dangerous than the symptoms of lactose intolerance.



[www.hfnyc.org/MilkFromTheHeart](http://www.hfnyc.org/MilkFromTheHeart)  
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