

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 World Milk Day: Raise a glass of milk and share the nutritional benefits of dairy.	2 Dairy Nutrition: What's your go-to dairy food to help you reset after a long day?	3 National Prairie Day: How does your farm take responsibility for caring for your land?
4 National Cheese Day: Share your favorite recipe that includes cheese!	5 World Environment Day: Highlight how you recycle on your farm.	6 Dairy Nutrition: How do you stay active while incorporating dairy into a healthy diet?	7 National Chocolate Ice Cream Day: Encourage your followers to celebrate by having chocolate ice cream!	8 Dairy Nutrition: Yogurt is linked to better digestive health. What's your favorite way to enjoy yogurt?	9 Dairy is Good for Communities: How does your farm make an impact on your local community?	10 National Black Cow Day: Dairy cows come in many colors. Which dairy breed is your "favorite" and why?
11 National Corn on the Cob Day: Share how you provide your cows a nutritious diet.	12 National Loving Day: What do you love most about being part of the dairy community?	13 National Call Your Doctor Day: How do you ensure the health and safety of the cows on your farm?	14 Dairy Sustainability: What new and innovative technologies do you use on your farm?	15 Nature Photography Day: Showcase the beauty of living and/or working on a dairy farm.	16 National Flip Flop Day: Let consumers walk in your shoes. Show a day in the life of a dairy farmer.	17 Dairy is Good for Communities: Share the journey milk takes from farm to table.
18 Father's Day: How does your farm value the importance of family?	19 Dairy Nutrition: Why do you incorporate dairy foods into your daily lifestyle?	20 National Vanilla Milkshake Day: Share your favorite vanilla milkshake recipe.	21 First Day of Summer: How do you care for your cows regardless of the season?	22 Dairy Sustainability: Share the history of your family's dairy farm.	23 National Hydration Day: How do you recycle water on your farm?	24 Dairy is Good for Communities: Dairy farmers are also community members. Share how you're involved in your local community.
25 National Strawberry Parfait Day: Share your favorite parfait recipe or favorite recipe that includes dairy.	26 Dairy Nutrition: Protein from dairy products can help your body refuel. What's your favorite dairy product to help you stay energized?	27 National Ice Cream Cake Day: Share your favorite family tradition involving dairy foods.	28 Dairy Sustainability: Ask your followers to submit their sustainability questions and then make a video answering their questions.	29 National Camera Day: Take close up pictures of a new calf, feed being mixed together, crops growing, etc.	30 National OOTD Day: What is the typical dress of a hard working dairy farmer?	



JUNE 2023 • NATIONAL DAIRY MONTH