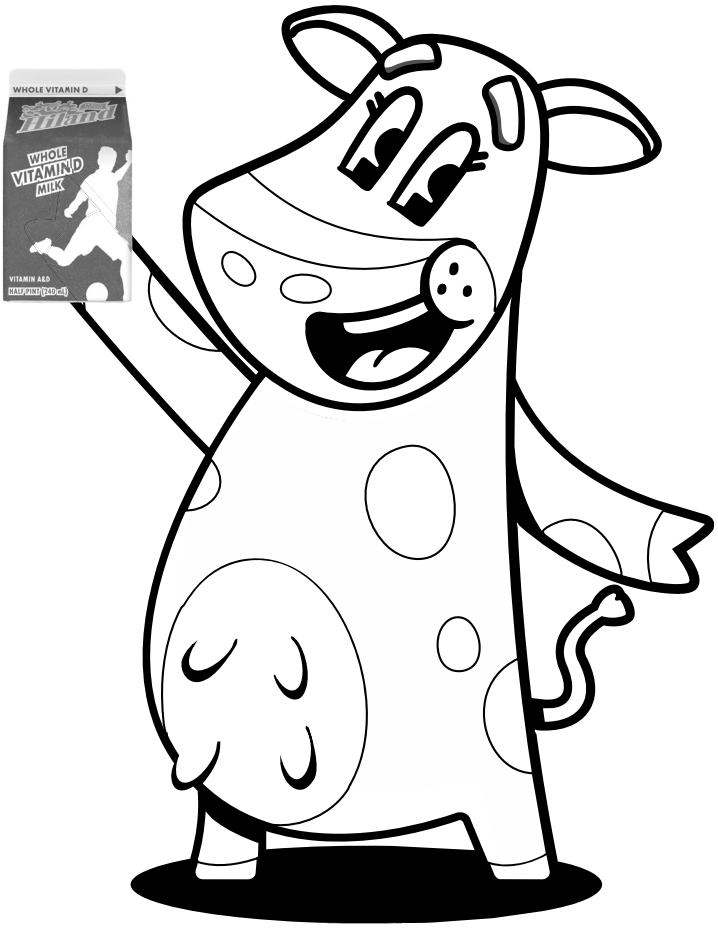
STRONG SEASON
POWERED BY HILAND MILK

HEIDI'S HOLIDAY FIT CHECK

Heidi shows up every day, but the holidays call for something extra. Rate her holiday looks and build your own.



Heidi's wearing a cozy scarf, earmuffs, and carrying a Hiland Whole Milk carton like a clutch.
Fit rating out of 10: _____
What would you add or change? _____

_____

Heidi goes full ugly sweater.
Best holiday pattern for her sweater: _____

_____

Give the sweater a name:
Build your own holiday fit for Heidi in three words:
_____ / _____ / _____

HOW MUCH DO YOU KNOW ABOUT WHAT FUELS YOU?

1. How much protein is in one serving of Hiland 2% milk?

a. 2g b. 5g c. 8g d. 12g

2. Which nutrient in milk is most important for bone density?

a. Vitamin C

b. Calcium

c. Iron

d. Potassium

3. Milk produced locally travels fewer miles to reach your school than national brands.

a. True b. False

4. How many bones in the human body does calcium help support?

a. 50

b. 106

c. 206

d. 312

WOULD YOU RATHER HOLIDAY EDITION

No wrong answers. Except maybe some of these.

☐ Drink a gallon of egg nog

OR

☐ switch to Hiland Whole Milk for a month straight?

☐ Have Heidi show up to your holiday party

OR

☐ have unlimited Hiland Chocolate Milk for the rest of the year?

Hiland DAIRY FOODS FARMER OWNED

Locally Made.
Naturally Delicious.™

Return your sheet to the Food Service Director for the answers!