

# “Make Change” with Dairy!

**Cash-in**  
up to **9 essential nutrients**  
with dairy instead of expensive, empty-calorie foods.

Calcium, Potassium, Phosphorus, Protein, Vitamin A,  
Vitamin D, Vitamin B12, Riboflavin, and Niacin (niacin equivalents)

Visit [dairymakesense.com](http://dairymakesense.com) to learn more  
about the snacks that pay you back.

