



The 7 Ways in 7 Days: Dairy Serves Challenge

The 7 Ways in 7 Days: Dairy Serves Challenge, is an initiative for Healthy Bones Action Week, running this year from 3 – 9 August. Aussie Dairy is challenging Australians to meet their recommended dairy serves each day to boost calcium intake and build bone healthy habits that last long after the challenge ends.

Throughout the challenge, we'll be sharing 7 simple ways to help Australians reach their daily dairy serves on Instagram and Facebook. Join the challenge and share your progress throughout the week! Tag us @AustralianDairy and use the tag #7Waysin7DaysChallenge. See the challenge guide below to plan ahead and run it at home or in your workplace.

Way		Quick ideas
Way 1 Monday 3 August	Breakfast boost Add a dairy serve to your morning routine.	• Stir yoghurt into your oats for extra creaminess. • Throw shredded cheese into your scrambled eggs. • Swap out water for milk in your smoothie.
Way 2 Tuesday 4 August	Snack smarter Choose a dairy-based snack today.	• Spread ricotta on toast with honey, lemon zest and fresh thyme. • Grab a bottle of choccy milk. • Have some cheddar cheese and vegemite on wholegrain biscuits.
Way 3 Wednesday 5 August	Subtle add-in Add dairy to a meal where it's not the star.	• Enjoy fluffy pancakes by mixing ricotta through the batter. • Add yoghurt to your soup for a creamy finish. • Crumble Feta cheese over your salad.
Way 4 Thursday 6 August	Mix it up Try a dairy food you don't usually eat – or have never had.	• An interesting yoghurt flavour you've never tried. • Add halloumi instead of cheddar cheese to your lunch wrap or sandwich. • Drink some "cream on top" milk.
Way 5 Friday 7 August	Lunch lift-up Add a dairy serve to your midday meal.	• Warm up with a melty and delicious cheese toastie. • Mix through ricotta or Feta in your salad. • Add yoghurt into your soup for a creamy finish.
Way 6 Saturday 8 August	Coffee upgrade Add milk to your hot drink today.	• Go for a latte instead of a long black. • Feel cosy with a hot chocolate. • Only like black tea? Enjoy some yoghurt on the side while you drink your morning cupppa!
Way 7 Sunday 9 August	Sweet serve Enjoy dairy in or with dessert.	• Have a yoghurt bowl with fruits, nuts and a honey drizzle. • Try a bowl of custard or rice pudding. • Warm up milk with cinnamon – or go for a classic hot chocolate!

For more information on Healthy Bones Action Week, head to dairy.com.au/promotion/healthy-bones-action-week

