

10 Gallon Challenge

Ideas for Guest Speakers:

- **Nutritionist**
 - Having a nutritionist come to talk about the importance of dairy in the diet is a good way for the kids to learn how these milk products are helping others while teaching them about the MyPlate at the same time!
- **Counselor**
 - Having a counselor from a school or someone who has worked with others struggling can talk about how those facing financial struggles are prone to depression and how it can take a toll on a person.
- **Dairy Farmer**
 - Contact the 4-H office or Farm Bureau about having a local dairy farmer come to visit your club to talk about their job and what they do every day to take care of their animals! Even see if you can bring your club out for a visit to the farm!
- **Dairy Distributor**
 - Talk to someone that helps collect the milk from farms and the process it goes through to get on to your table. You could also see if your club could even go visit and tour a factory.

