

Easy act to follow.

9 out of 10 Americans aren't getting essential nutrients we need. That's a serious gap. But just one more serving of nutrient-rich milk a day for you and your family can help fill it. Sometimes the smallest acts make the biggest difference. So, pour one more.

got milk?

[whymilk.com/susansarandon](http://whymilk.com/susansarandon)