



Dear Parent/Guardian:

Our school is pleased to be participating in the School Milk Program. This program ensures milk is available to students at lunch and benefits *parents* because it's convenient, *children* because it's nutritious and our *school community* because it's fun!

Our school is committed to offering a nutritious food environment and that includes having cold, 100% Canadian milk available. This convenient option is one of the simplest ways to add important nutrients to your child's lunch. The cost to purchase milk, available every day at lunch, is \$_____/individual 237 mL carton.

Our school is joining hundreds of other Manitoba schools who participate in the School Milk Program. This Program, courtesy of Dairy Farmers of Manitoba, supports our school by celebrating milk as a nutritious choice. Milk reminders have been provided and will be used to compliment fun and memorable moments, promoting school spirit, community and health throughout the school year.

If you have any questions regarding the School Milk Program, please contact the school and ask for the school's Milk Coordinator.

Nutritionally yours,



WHY MILK?

When it comes to quenching thirst, water is a great choice! However with a meal, including milk provides your growing child with energy and nutrition needed to fuel their potential. Unlike other beverages, both white and chocolate milk are an excellent source of 15 essential nutrients including protein, calcium, and vitamin D – all important for bone growth!