

# Why school milk is great!

## EDUCATION

School milk can be used to teach children about where food comes from.



## ACTIVITY

Drinking school milk fits into a healthy lifestyle and is one of the best ways to rehydrate after an active playtime.



## HEALTH

School milk contains essential nutrients including calcium, protein and vitamins to help children grow healthy and strong.



Children are given the opportunity to celebrate drinking milk and being healthy – whether that's a local competition or celebrating World School Milk Day with over 30 countries.

## Rewards

Children receive badges, certificates and stickers as part of the school milk scheme.



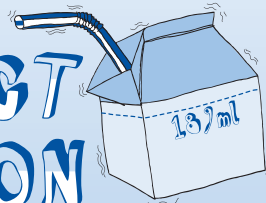
## Cool Milk

Working with

**CHILDREN'S  
FOOD TRUST**  
Eat Better Do Better

## PERFECT PORTION

Children receive the ideal serving of fresh, chilled milk delivered to their classroom.



## Interaction

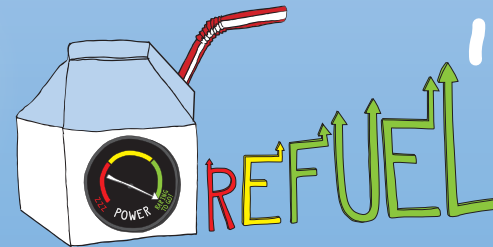
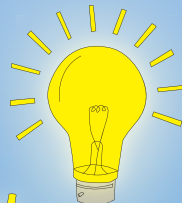
Taking time to drink school milk provides important social time for children.



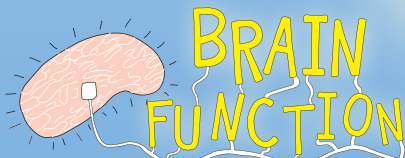
## Responsibility

Being involved in the school milk scheme can develop key skills including responsibility, independence, numeracy and manners.

School milk is excellent for hydration, supporting brain function including concentration, memory and creativity.



School milk boosts children's energy between breakfast and lunch, helping them to be ready to learn.



For more information and references go to [www.coolmilk.com/whyschoolmilk](http://www.coolmilk.com/whyschoolmilk)