



**Each 250 mL glass
of 2% partly skimmed
milk provides:**

Energy 129 calories (540 KJ)
Protein 9 grams
Carbohydrates 12 grams

Plus the percentages of
recommended daily intake:

Vitamin A 10%
Vitamin D 50%
Thiamin 8%
Riboflavin 25%
Niacin 10%
Vitamin B6 6%
Folic Acid 6%
Vitamin b12 45%
Pantothenate 11%
Calcium 28%
Phosphorus 22%
Magnesium 14%
Zinc 11%

milkschool.ca
1.888.730.MILK

2011/12E-4



**Milk. Really keeps
kids going.**

Enroll your child in the Elementary
School Milk Program today



ELEMENTARY SCHOOL
MILK PROGRAM



ELEMENTARY SCHOOL
MILK PROGRAM

What is the Elementary School Milk Program?

Celebrating its 25th year, the Elementary School Milk Program is a program committed to providing elementary students with milk on a daily basis. Since its inception, millions of children have benefited from this program with the help of thousands of volunteers and people in the dairy industry.

Why enroll your child?

- It's a great way to make sure your child gets the milk they need to stay healthy, alert and ready to learn every day.
- It provides a safe and easy way for your child's school to fundraise, with many schools raising over \$5,000 a year.

It's a great opportunity to volunteer

- It's a program that helps keep your child performing at their best.
- It's something you and your child can be a part of together.

NUTRIENT*	WHITE 2% MILK	CHOCOLATE 1% MILK	APPLE JUICE WITH ADDED VITAMIN C	FRUIT DRINK WITH ADDED VITAMIN C	SPORTS DRINK	ORANGE SODA
Calcium - %	28	28	2	0	0	2
Vitamin D - %	50	55	0	0	0	0
Vitamin A - %	10	10	0	0	N/A	0
Vitamin C - %	0	4	180	190	2	0
Protein - g	9	9	0.3	0	0	0
Fat - g	5	3	0.3	0	0	0
Carbohydrate - g	12	28	30	30	17	32
Calories	129	166	121	120	67	126

*All values are based on 250mL of fluid. % = % Daily Value. The values indicated are approximate and can vary from one product to another. Reference : Canadian Nutrient File, 2010

According to Canada's Food Guide:

- Children 2 to 8 need two servings of Milk and Alternatives every day.
- Children 9 to 13 need three to four servings of Milk and Alternatives every day.

Know the facts

- Studies show that well-nourished children can concentrate longer and perform better in school.
- 1/3 of children are not receiving the recommended daily amount of Milk and Alternatives.
- Each serving of both white and chocolate milk contains 16 essential nutrients.
- Soda, fruit flavoured drinks and sports drinks are less nutritious options than milk.

Chocolate milk is good too

- Chocolate milk has no more sugar than the same amount of unsweetened apple juice.
- It contains the same amount of protein, vitamins and minerals as white milk.
- It tastes great, so kids love drinking it.

Get your children off to a great start!

Enroll your child in the Elementary School Milk Program today. For more information, go to milkschool.ca or call **1.888.730.MILK.**

