

# Why school milk is great!



## Interaction

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

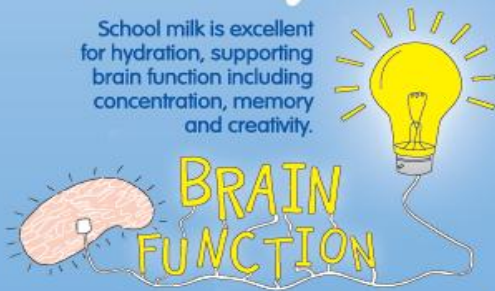
## PERFECT PORTION

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



## 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.

## BRAIN FUNCTION



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



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.

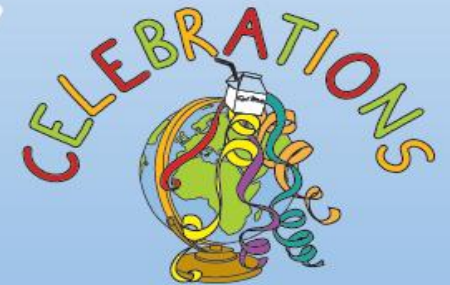


## Rewards

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

## EDUCATION

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



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.

## Cool Milk

Working with

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