

# Do your children receive milk at morning break?

Following the introduction of the School Food Plan, every child must now be offered milk during school hours. Milk is free for all children under five and available at a subsidised price for children up to 11.

Cool Milk is the UK's leading supplier of milk to school and nursery settings, working in partnership with Local Authorities and Early Years groups throughout the UK.

With Cool Milk, launching a milk scheme in your school is quick and easy, with so many benefits to save you time and money as well as helping you meet one of the current school food standards.

- ✓ **FREE milk**  
Free milk for any child under the age of five in your reception or nursery classes.
- ✓ **Subsidised milk**  
Fresh chilled semi-skimmed school milk available to 5-11 year olds at a subsidised price.
- ✓ **Semi-skimmed milk**  
As part of our commitment to the guidance issued by the Food Standards Agency and the Children's Food Trust, we provide semi-skimmed milk; it contains 55% less saturated fat than whole milk.
- ✓ **Achieve the 'Milk and Dairy' standard**  
By offering lower fat milk every day, you'll be well on the way to meeting the School Food Plan's 'Milk and Dairy' standard.
- ✓ **We deal direct with the parents**  
Our scheme is admin friendly. We collect all registrations and monies direct from parents. Payments can be made online, over the phone, by cheque or in cash at a local PayPoint outlet.
- ✓ **Customer support**  
Dedicated and award-winning customer services.
- ✓ **FREE fridge on loan** (conditions apply)  
We will provide a free fridge on loan to help store your milk, keeping it cool and fresh for your pupils.
- ✓ **Educational and promotional materials**  
We can provide educational materials as well as promotional literature that'll help promote your school milk scheme.

Register your school with Cool Milk today  
Call | 0800 056 2146 Email | [joinus@coolmilk.com](mailto:joinus@coolmilk.com)

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[www.coolmilk.com](http://www.coolmilk.com)

# Why drink school milk at morning break?

Milk provides a nutritional boost and keeps children hydrated between breakfast and lunch, helping them to concentrate, learn and play.



## Fuel their morning

School milk can be a great energy boost at morning break, refuelling the body until lunch. Milk and water are the only two drinks recommended by dentists between meals.



## Fuel their body

School milk provides a unique powerhouse of nutrients essential for strong healthy teeth and bones, with more than half a child's calcium and a third of their protein requirements.



## Fuel their mind

Milk is excellent for hydration, which is essential for aiding the concentration and attention of young minds.



## Fuel their thirst

Drinking milk fits into a healthy lifestyle. It is one of the best ways to rehydrate after an active playtime, getting children ready to learn once again.



## Fuel their future

Children who drink milk regularly benefit from a once-in-a-lifetime opportunity to build strong healthy teeth and bones, with studies showing that those who do are physically fitter in old age.

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