

Dear Parent/Guardian:

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 \$\_\_\_\_\_ / 237 ML CARTON.**

**HOW TO PURCHASE MILK:**

In addition to ensuring milk is available for students, our school is also participating in Recycle Right with Milk, the new school milk program in Manitoba. This program encourages students working together to develop better recycling habits, while supporting the habit of drinking milk. Recycle Right with Milk is courtesy of Dairy Farmers of Canada and aligns with dairy farmers' commitment to sustainability and nutrition.

If you have any questions regarding our school's milk program, please contact

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## **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 a source of 15 essential nutrients including protein, calcium, and vitamin D – all important for growth and development.



To read more about the program please visit [RecycleRightwithMilk.ca](http://RecycleRightwithMilk.ca)

