

BUILD BETTER BONES!

Children who drink milk at lunch are more likely to meet their daily calcium needs. Chocolate milk is just as nutritious as white milk. It has lots of energy plus 15 essential nutrients. Does your child's school run a milk program? Sign him up so he can enjoy fresh, cold milk at school every day.



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

Developed by Renfrew County and District Health Unit