

School Milk Programs

Did you know that half of children between the ages of six and 12 years do not get any milk products at lunch? Research shows that children who don't have milk at lunch are unlikely to meet their daily calcium needs. To help more students drink milk and get the calcium, protein, and vitamins A and D they need to grow and develop strong bones, our school is offering a school milk program.

By signing your child up for our school milk program, they will get one of the required two cups of milk or fortified soy beverage per day as recommended by Canada's Food Guide. It also helps students practice what they learn in the classroom about healthy eating and Canada's Food Guide. Sign your child up today!

Together we can make the healthy choice the easy choice!

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