

# European School Milk

Working in partnership with Cool Milk our establishment provides dairy products subsidised by the European Union under the European school milk scheme.

- ✓ Milk can aid concentration, memory function and creativity in class
- ✓ Milk provides a vital boost of energy in between breakfast and lunch
- ✓ Over half the RDA of calcium\*; building strong teeth and bones
- ✓ Nearly one third of the RDA of vitamin A\*; which helps to strengthen the immune system
- ✓ Milk and water are the only drinks recommended by dentists for consumption between meal times
- ✓ Nearly one third of the RDA of protein\*; great for lean muscles and healthy hair and nails
- ✓ All the RDA of vitamin B12\*; vital to help fuel the body

\* Based on 189ml (third of a pint) of semi-skimmed milk, and the recommended daily allowance for a five/six year old (Source: Dairy Council, Food Standard Agency, IGD)

*Cool Milk*  
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