



# FRESH PASTURES

Dear Parent/Carer,

We have chosen Fresh Pastures Limited, t/a School Milk UK, to supply our school milk from the start of the new term.

If you would like your child to receive milk at school, you can register online at [www.schoolmilkuk.co.uk](http://www.schoolmilkuk.co.uk).

If you opt into this scheme, your child will receive a 189ml carton of fresh chilled semi-skimmed milk each school day, to drink mid-morning. The cost of this milk depends on the number of school days in each term (accounting for inset days, bank holidays and school holidays) and is payable in advance prior to each half term, or you can pay for the full academic year in advance. You can pay for your child's milk online using PayPal or a credit or debit card in four easy steps.

Please visit the School Milk UK website at [www.schoolmilk.co.uk](http://www.schoolmilk.co.uk) for details on how this scheme works and how to register, order, pay and manage your account online.

Benefits of drinking cow's milk include:



A portion of milk can aid concentration in class by ensuring your child is fully hydrated, and a drink of milk can also boost your child's energy levels



Milk is rich in calcium, which is essential during childhood and teen years for the growth and development of bones



A 189ml carton of semi-skimmed milk contains less fat than popular snacks such as crisps or chocolate, and because of its nutritional value, milk is a healthier alternative to fill the gap between breakfast and lunch

If your child suffers an allergy to cow's milk, School Milk UK can offer goat's milk or soya milk<sup>1</sup>.

School Milk UK's online ordering and payment system is fully secure. You will be asked to enter a valid email address and create a password when registering your child.

School Milk UK does not retain your personal details, except for your email address. Your email address is only used to send you a reminder to log back into your account and order for the following term.

In purchasing School Milk, not only are you helping your child's nutritional needs, you are also helping to support their education, because School Milk UK gives a rebate of new sales back to the school at the end of the academic year, allowing your child's school to purchase any equipment that is needed to help to support learning at this school.

We look forward to serving your child with fresh chilled milk.

Kind regards

The School Milk UK Team

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<sup>1</sup> Prices will differ to that of cow's milk

**Fresh Pastures Ltd**

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T: 01924 908 499 E: [admin@schoolmilkuk.co.uk](mailto:admin@schoolmilkuk.co.uk) [www.schoolmilkuk.co.uk](http://www.schoolmilkuk.co.uk)

Company Registered No: 11301795

# WHY MILK IS GREAT



## SCHOOL MILK UK

School milk is an excellent source of nutrients, and can have lots of positive benefits on your child's health and education.

Milk is composed of

# 87.3%



water, as well as proteins and lactose.

It is an excellent drink to help keep your child hydrated in class.

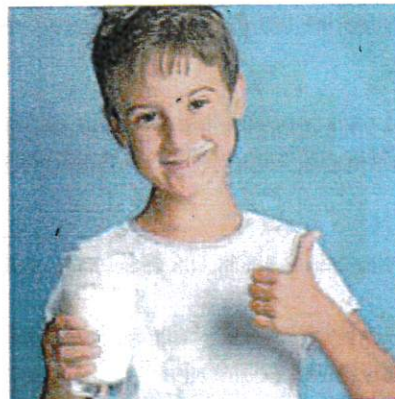
Maintaining good levels of hydration, will contribute to a greater level of concentration in class and help to give your child the energy needed to learn and play.

Each 189ml carton of milk provides half the daily recommended levels of calcium for your child. Calcium helps to build strong bones and healthy teeth.



Milk is an excellent and tasty alternative to water or sugary drinks.

It is recommended that children should reduce their intake of sugary drinks and increase their consumption of milk to aid the reduction in the risk of tooth decay.



The vitamins and minerals present in milk are great for your child's eyesight.

Milk contains healthy vitamins and minerals, which keeps your child active, healthy and strong.



Carbohydrates present in milk supply energy and prevent your child from feeling lethargic or tired.

Milk is one of the best sources of calcium that your child can consume.

- ★ It keeps bones healthy and strong and prevents bone loss.
- ★ It helps prevent headaches, and even migraine attacks that occur with calcium deficiency.
- ★ It prevents childhood obesity, as it helps to reduce unwanted fat from the body.
- ★ It is extremely important for dental health.
- ★ It helps with blood clotting.



Milk provides protein, which helps your child's body repair and grow.

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