

SCHOOL MILK

Free and subsidised milk
Register your child today!



Cool Milk
at School Ltd

“During childhood there is a once-in-a-lifetime opportunity to build strong healthy teeth and bones”

Dairy Council



Bones and Teeth
Milk is a major source of **calcium** and **body building protein**, encouraging strong healthy teeth and bones.

Cells
The **riboflavin** and **niacin** in milk help produce energy, whilst **phosphorus** stimulates cell growth.

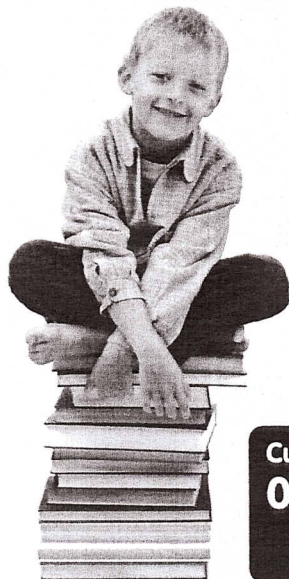
Red Blood Cells
Vitamin B-12 found in milk helps build cells that aid in fuelling the body.

Skin
The **vitamin A** in milk maintains the skin's outer layer. The **potassium** regulates the skins moisture.

Muscles, Hair and Nails
Protein in milk helps produce lean muscles, healthy hair and strong nails.

Figures are based on a serving of 189ml semi-skimmed milk. Source: Dairy Council, Food Standards Agency, IGD. RDA's for an average child aged 5-10 years. Please note RDA's should be used as a guide only, and individual circumstances should always be considered first.

	Energy (kcal)	Protein (g)	Carbohydrate (g)	Calcium (mg)	Fat (g)
189ml	88.8	6.8	9.1	234.4	3.4
RDA	4.9%	28.3%	4.1%	52.0%	4.9%



Why drink milk at school?

“Hydrating the body with milk can help memory function and aid concentration”
Dairy Council

Who provides the milk?

100% British milk is delivered fresh to the school doorstep by local dairy depots.

Customer Enquiries
0800 321 3248

Cool Milk at School Ltd
Langworth House
Monks Way, Lincoln LN2 5LN

Company Registration: 3603430 England

How to Register

Under 5 Years

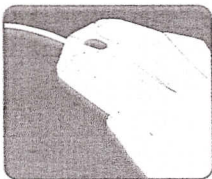
If your child is under 5 years of age they are entitled to a daily 189ml serving of milk free of charge*.

5-11 Years

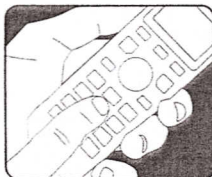
If your child is aged 5-11 years, and in primary education, they are entitled a daily 189ml serving of milk at the subsidised price from as little as 19p per day**.

It's as easy as...

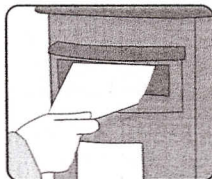
1. Register on our website, automated telephone line, or using the form overleaf.
2. If your child is **eligible** for free milk it will start with our next order to the dairy. Free milk will stop the Friday prior to your child's fifth birthday. You will be sent an invoice approximately two weeks prior to this date should you wish to continue with the milk.
3. If your child is **not eligible** for free milk we will send an invoice to the correspondence address included in your registration. You will then need to make a payment. Please do not include payment with this registration.



The quickest and easiest way to register is on our website at www.coolmilk.com



Call 24 hours a day on **0800 321 3248**



Complete the **form overleaf** and return to:
Cool Milk at School - Registrations
PO Box 994
Lincoln LN5 5GS

I want to register a child for school milk

Complete this form in **BLOCK CAPITALS**. Please note we may contact your child's school to confirm their eligibility for free/subsidised milk based on the information you include in your registration.

School Details

School name (in full)

Local Education Authority

Town

Postcode

Child Details

Please tick one box below as appropriate

Under 5 years of age, semi-skimmed 5 years of age or over, semi-skimmed

First Name

Family Name

Date of Birth / /

Class/Teacher

School Milk Start Date / /

Or start as soon as possible

House No./Name

Street Name

Town

County

Postcode

Parent/Guardian Details

Mr / Mrs / Miss / Ms / Dr. (Please circle as appropriate)

First Name

Family Name

Daytime Tel. No.

Evening Tel. No.

Email Address

Address (if different from above)

House No./Name

Street Name

Town

County

Postcode

Please tick here if you wish to be excluded from our mailing list (you will still receive correspondence about your account)

Signature

Date / /

Return To: Cool Milk at School - Registrations, PO Box 994, Lincoln, LN5 5GS

Official use only

