

# NUTRITION FOR LEARNING

## 4 GOOD REASONS TO DRINK MILK AT SCHOOL



### OFFICIAL RECOMMENDATIONS

The Danish Food Administration states that children can drink 1/4 liter lean milk at lunch and spread the rest of the recommended half a liter over the rest of the day. Read more at [altomkost.dk](http://altomkost.dk)



### CALCIUM AND PROTEIN

Milk contains calcium and protein, both of which are necessary for children's normal growth and bone development.



### MINERALS AND VITAMINS

Milk contains a package of minerals and vitamins, which are important for children. In fact, milk is one of the foods that contains the most different nutrients in one product.



### MILK MAKES THE LUNCH BOX MORE COMPLETE

A good lunch box containing wholemeal bread, fruit and vegetables, - together with a school milk - gives the kids many important nutrients, which they need every day as a nutrition for learning.

MEJERIERNES SKOLEMÆLKSORDNING

**SCHOOL MILK**

AGRO FOOD PARK 13 · 8200 ÅRHUS N  
TLF. 87 31 21 40  
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skolemælk.dk



**FOLLOW SCHOOL MILK ON FACEBOOK**  
School milk on Facebook is a parents' forum where there is room to talk about milk and health.

**SCHOOL MILK**



## SCHOOL MILK FOR LUNCH BOX

### HOW TO ORDER

**SCHOOL MILK**

WE BRING HEALTH TO SCHOOL

# COLD MILK FOR LUNCH BOX

School milk is a practical arrangement that ensures your child can get fresh milk for the lunch box every day. School milk has close and good cooperation with the school's staff, which makes everything work in everyday life. We are grateful for it.

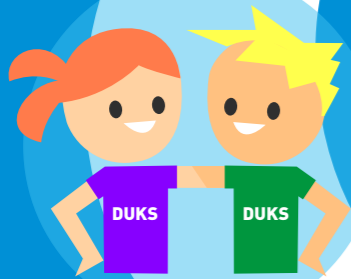
**THE SCHOOL'S RESPONSIBLE PERSON FOR THE MILK** makes sure that the milk is packed for each class in a milk bag.



**THE DISTRIBUTOR DELIVERS** the milk to the school. The driver places the milk into the fridge to insure that the milk is cold all the time.



**LUNCH BREAK!** One of the kids brings the milk bag to the class. In some schools the kids take the milk directly from the fridge themselves.



**SO IT IS SERVED**  
Cold milk for the lunch box.  
Bon appetit!



**CREATE SUBSCRIPTION**  
On [skolemælk.dk](http://skolemælk.dk) choose what type of milk your child should have and how do you want to pay.



# ORDER SCHOOL MILK NOW

1. Go to [skolemælk.dk](http://skolemælk.dk)
2. Choose your child's favorite milk and pay
3. You are done - your child will in the future, get served cold milk for the lunch box

Your child's first milk day is stated on the receipt. You can at any time unsubscribe or change the school milk at the online store.

#### EASY SUBSCRIPTION

You can choose your desired payment type while you sign up for school milk. Of course you pay only for the school days that your child's school has indicated. Choose between:

- **PAYMENT SERVICE**  
Subscription with payment service, where the money is deducted twice a year.
- **DEBIT CARDS**  
Subscription with debit card, where the money is deducted quarterly.

**PSSST!**  
WE ALSO OFFER  
**LACTOSE FREE**  
MILK!



Find recipes and cool ideas for lunch box on:  
[aargangsund.dk](http://aargangsund.dk)