

EASY TO SUBSCRIBE

**SKOLE
MÆLK
.DK**

HOW TO DO IT

1

VISIT SKOLEMÆLK.DK

Create a new account or log in if you are an existing customer.

2

CHOOSE YOUR CHILD'S FAVOURITE MILK

Fill in school and grade and the day you want the first school milk delivered.

3

APPROVE AND PAY

That's it! Your subscription to school milk is now up and running automatically as long as your child wants milk. It doesn't get any easier.

As school milk is a subscription scheme, payment will be deducted automatically from now on. Choose between paying once a month, once every four months or once every six months.



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NUTRITION FOR THE BODY

FOUR GOOD REASONS TO DRINK SCHOOL MILK

OFFICIAL DIETARY GUIDELINES

Milk is part of the Danish Veterinary and Food Administration's new dietary guidelines. The Danish Veterinary and Food Administration recommends choosing low-fat dairy products. Visit altomkost.dk to read the dietary guidelines.

CALCIUM AND PROTEIN

Milk contains calcium and protein, which together with a varied and healthy diet are necessary for children's normal growth and bone development.

CONTRIBUTES TO GROWTH

Milk contains a number of nutrients such as calcium, iodine, phosphorus and protein, which contribute to a child's normal growth. One large glass of milk a day provides sufficient calcium, protein, phosphorus and iodine.

DRINKING ENOUGH

Children need 1200 ml of liquid per day - a 250 ml school milk is a good step of the way.



THE SCHOOL
MILK SCHEME
Agro Food Park 13
8200 Aarhus N
TEL.: 87 31 21 40
skolemaelk@mejeri.dk



Follow School Milk on Facebook and Instagram
for tips on school life, packed lunches, etc.

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