

Milk

GETS TOP
MARKS



Protein
Calcium
Vitamin A
Vitamin B6
Vitamin B12
Magnesium
Potassium
Selenium
Niacin
Phosphorus
Thiamin
Pantothenic Acid
Riboflavin
Zinc



Elementary School
Milk Program

THE SMART CHOICE FOR NUTRITION

The Elementary School Milk Program (ESMP) is a convenient way to add a serving of milk and 15 essential nutrients to your child's day to help them stay healthy and energetic. For over 32 years, the ESMP has provided over 1 million Ontario students with fresh, cold and delicious milk.

Most important, milk is safe and secure. It was being produced with the highest rigour even before COVID-19, and now even more precautions are taken to make sure milk can be brought to schools in risk-free ways.

DID YOU KNOW:

- Milk is generally processed in a fully automated system with no human contact and fully protective barriers between liquid milk and workers.
- Cartons and bottles always stay contact-free before delivery, and deliveries are made with gloves, masks, and other protective equipment, so the only bare hands ever touching the carton belong to your kid.
- Deliveries are arranged with strictly enforced guidelines to reduce contact as much as possible, so drivers never even enter the school.
- According to the Canadian Food Inspection Agency,* there is no evidence that food or beverages are a route of transmission for COVID-19, so milk is still as safe and healthy as always.

*<https://www.inspection.gc.ca/covid-19/information-for-consumers-about-food-safety-and-an/eng/1584648921808/1584648922156>

Nutrient	White 2% Milk	100% Juice	Water
Calcium (%)	23	2	0
Vitamin D (%)	17	0	0
Vitamin A (%)	24	6	0
Vitamin C (%)	0	191	0
Protein (g)	9	2	0
Fat (g)	5	0	0
Carbohydrates (g)	12	26	0
Calories	129	116	0

Contact your school and enrol today! For more information visit ontarioschools.milk.org



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