

Is your child entitled to FREE milk?



Every child under the age of five is entitled to FREE school milk.

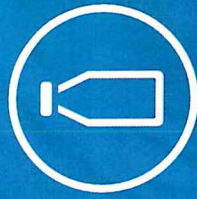
Every child over the age of five is entitled to milk at a subsidised price of around £14 per term.



Register your child online for FREE school milk today.



Register online now and you can pay straight away!



FREE and subsidised school milk

Register your child today!

Register your child for school milk today.

You can register in two simple ways...



Go online and quickly register your child for school milk at www.coolmilk.com



Alternatively, please complete the form overleaf and return it to: **FREEPOST COOL MILK** (no further address details needed)

Cool Milk

www.coolmilk.com

Company registration no. 3603430 England



Milk for children over five is subsidised by the European Union under the European School Milk Scheme. Milk for children aged under five is fully funded by the Department of Health.

A43/7/0



Cool Milk

www.coolmilk.com

School milk is available FREE for children under five and around £14 per term for over-fives.

Register today at www.coolmilk.com or complete and return the form below to FREEPOST COOL MILK.



Please note all fields marked * are mandatory. Failure to complete all of the mandatory fields may result in your child's school milk provision being delayed. Please use a ballpoint pen and write clearly in black ink using BLOCK CAPITALS.

Parent/Guardian details

Parent's first name*

Parent's last name*

Postcode*

Address line 1*

Address line 2

Town/City*

Telephone No.*

Email - By providing your email address you will be able to manage your school milk account online.

Child details

Child's first name*

Child's last name*

Child's date of birth*

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Start date at school

On which days will your child be attending school?*

M T W Th F

Please tick the days your child will be attending school.

School details

Name of school*

Town/City*

Postcode*

Class

Parent/Guardian signature*

Date

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Return your completed registration form today to: FREEPOST COOL MILK

By registering your child with Cool Milk, you may receive calls, emails, SMS or automated voice messages relating to your account. Please tick here if you would also like to be included on our mailing list. The personal data requested is required as part of the UK free and subsidised school milk schemes. All data is securely stored by Cool Milk (data controller) and is only used in relation to school milk. Please be aware that we may share this data with your local authority, the Nursery Milk Reimbursement Unit, the Rural Payments Agency and any other local or central government department or third party appointed by them with respect to school milk.

WHY USE PARENTPAY...

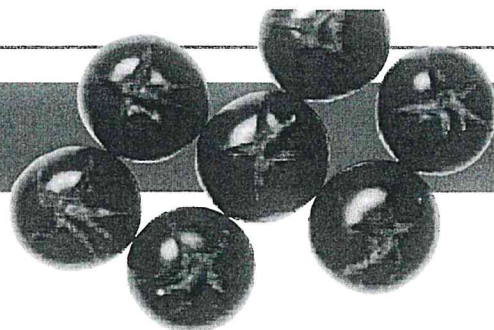
- **Convenient & transparent**
 - Paying online makes life easier for everyone!
 - Saves our school time to focus on teaching
- **Trusted**
 - ParentPay's been used by schools for over 15 years...
 - Used by over 4 million parents across the UK
- **Safe & Secure**
 - Removing cash from school helps keep pupils safe
 - Your money is guaranteed to be spent on what it was intended for!
- **Helps us to help your children**
 - Going cashless helps us focus on what's important - your children



WHAT HAPPENS NEXT...IT'S EASY

- **Step 1 - You'll get a letter from us about ParentPay.**
 - Includes information about how to activate your account
- **Step 2 - Activate your account.**
 - Use the codes in your letter and you will be able to pay for school dinners and other items straight away
- **Step 3 - Don't miss out!**
 - Don't forget to set up Alerts so you receive an email (free) or SMS text when your balance is low or there are new items to pay for

**USED IN
9,000
SCHOOLS
ACROSS
THE UK**



School Fruit and Vegetable Scheme

What's it all about?

The School Fruit and Vegetable Scheme is a national government programme entitling all children aged four to six in infant, primary and special Local Education Authority maintained schools to a free piece of fruit or vegetable each school day. Your child's school has chosen to take part in the scheme.

Because your child's class is eligible to benefit from the scheme, your child will be given a free piece of fruit or vegetable at school each day. They may be given an apple, pear, banana, satsuma, carrot, some cherry tomatoes or other fruit or vegetable – it depends what's in season.

Research shows that the School Fruit and Vegetable Scheme is very popular with schools and parents, with 96 per cent of eligible schools choosing to take part.

Why eat more?

Every child deserves the best start in life. Research shows that good health in childhood is an important building block for health in later life. Eating fruit and vegetables can help protect your child's health in several ways:

- Fruit and vegetables provide many vitamins and minerals that are important for your child's growth and development.
- They can help protect against heart disease and some forms of cancer later in life.
- Eating fruit and vegetables reduces the symptoms of asthma in childhood – especially in children who have a history of breathing problems.



Eating 5 A DAY

The School Fruit and Vegetable Scheme is part of the national 5 A DAY programme. Fruit and vegetables are key to a healthier lifestyle for all of us and experts recommend that everyone eats at least five portions of a variety of fruit and vegetables a day. On average, children in England eat only two portions a day. Many children eat fewer than that. A national survey found that one in five children didn't eat any fruit at all in a week.



Just Eat More
(fruit & veg)

Information for parents

How much is a portion?



1 portion



2 portions

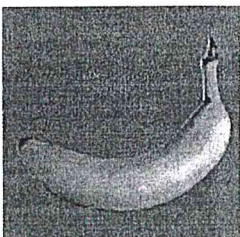
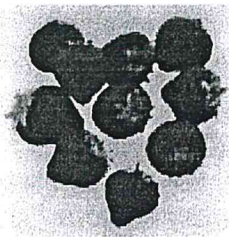
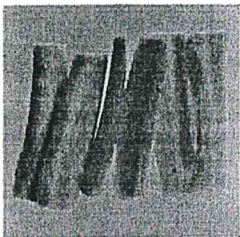
A 'portion' is a typical serving or helping of fruit or vegetables, for example, an apple, a banana, three heaped tablespoonfuls of frozen peas or canned sweetcorn, or a glass of fruit juice. The portion size may be smaller for young children, but they can still aim for at least five portions of a variety of fruit and vegetables each day.

Look out for the 5 A DAY portion indicator on food packets. This shows how many portions of fruit and vegetables a typical serving of the food contains. Each filled-in square of the portion indicator represents one portion.



What counts?

- Fresh, frozen, canned, dried or cooked fruit and vegetables count. *Potatoes don't count as they play a different part in our diet.*
- Fruit and vegetable dishes count. *Tomato ketchup and jam don't count.*
- Beans and pulses – for example, baked beans, kidney beans or lentils – count, but only once a day.
- Fruit juice counts, but no matter how much is drunk in a day, it only counts as one portion. *Fruit squashes, sweetened and fizzy fruit drinks don't count.*



How you can help

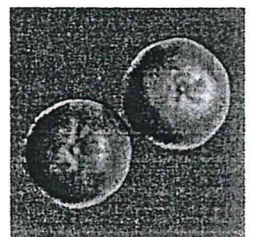
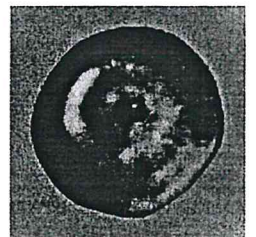
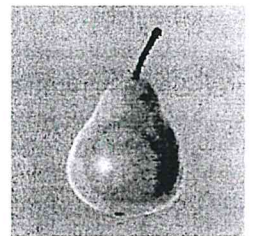
Encourage your child to choose vegetables and fruit at school lunches. National standards for school lunches mean that vegetables and fruit are on offer every day.

If your child takes a packed lunch to school, put in a piece of fruit or vegetable, such as a carrot, or some dried fruit or 100 per cent pure fruit juice. Note that dried fruits and fruit juices should only be consumed at mealtimes to reduce the risk of tooth decay.

Encourage your child to use other opportunities to eat fruit and vegetables at school too, for example, if there is a tuckshop or breakfast club.

Ask your child about the fruit and vegetables they have eaten at school. Explain that eating fruit and vegetables will help them grow and stay healthy.

Encourage your child to eat fruit and vegetables at home as well as at school.



Further copies of this leaflet are available free of charge from the Department of Health. Write to: PO Box 777, London SE1 5XH. Tel: 0800 555 777, fax: 01623 724 524, email: doh@prolog.uk.com

For the latest information on the School Fruit and Vegetable Scheme or if you would like this leaflet in another language visit www.dh.gov.uk/healthtopics



Just Eat More
(fruit & veg)