

Dear Parents,

Buchanan School will be offering a Milk Program that makes milk available at school each and every day.

Canada's Food Guide to Healthy Eating recommends the following milk product servings per day:

Children	4 – 9 years	2 – 3 servings
Youth	10 – 16 years	3 – 4 servings

Milk can be purchased in a Pre-Paid Program by completing and returning the form below to the teacher. Milk Tickets will be sent home with your child.

Cost of a 250ml is as follows:

White Milk is \$1.00

Chocolate Milk is \$1.00

We encourage you to have your child participate in this program, however milk will also be available daily for individual purchases for those who stay for lunch occasionally.

Buchanan School

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**Buchanan School  
Pre-Paid Milk Program**

**STUDENT'S NAME:** \_\_\_\_\_ **ROOM#** \_\_\_\_\_

**Enclosed, please find \$\_\_\_\_\_ to cover:**

\_\_\_\_\_ **White Milk @ \$1.00**  
**(No. of tickets)**

\_\_\_\_\_ **Chocolate Milk @ \$1.00**  
**(No of tickets)**

**Total** \_\_\_\_\_

**PARENT'S SIGNATURE:** \_\_\_\_\_