



Hello Parents,

Every year the École Assiniboine Parent Council is pleased to offer a milk program for the students eating their lunch at the school.

The link between good nutrition and learning is well known. Students learn better and are more alert when they are well-fed with a balance of foods from the four food groups. Milk at lunch helps provide the energy and nutrition children need to grow and perform their best physically and mentally.

The milk program is not a fundraiser. The money you pay for milk stays within the milk program to ensure its continued success.

To order milk please fill out the form below and send in to school with your child. Orders are processed on Thursdays and Milk tickets are sent home by Friday of each week.

Tickets are sold in sheets of 20 at \$20 per sheet. If you would like to have both white and chocolate milk, you will need to purchase at least 2 sheets of tickets.

Payment can be made in cash or by cheque payable to **École Assiniboine Parent Council**.

-----Detach and send in with your child-----

Child's Name _____

Teacher's Name _____

My Child would like _____x 20 tickets of **white** milk

My Child would like _____x 20 tickets of **chocolate** milk

Total _____x \$20 =\$_____ Enclosed