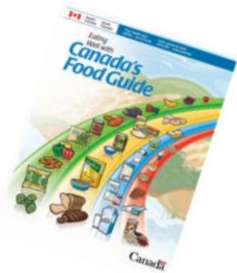


April



**Build better bones!**

Children who drink milk at lunch are more likely to meet their daily calcium needs. Chocolate milk is just as nutritious as white milk. It has lots of energy plus 15 essential nutrients. Does your child's school run a milk program? Sign up so your child can enjoy fresh, cold milk at school every day.



For more information on healthy eating visit *Canada's Food Guide* on line at [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)

**For health-related information call York Region  
Health Connection at 1-800-361-5653 or visit [www.york.ca](http://www.york.ca)**