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# Fluoridated milk scheme

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All Blackpool primary school children in Years one to six are now able to have fluoridated milk, as part of the school breakfast scheme.

## Why fluoride milk?

- Fluoride in milk helps keep teeth healthy
- It's free - no cost to parents
- It's safe to drink

## Blackpool fluoridated milk scheme

Fluoridated milk is no different to normal milk, except it includes a tiny bit of fluoride, which is safe to drink and helps keep kids' teeth healthy, as part of a good dental regime. **Fluoridated milk is safe to drink.**

### Tooth decay in Blackpool

The level of tooth decay in Blackpool is really high and lots of kids are suffering because of it.

31% of 5 year olds in Blackpool have tooth decay. Every year, 400 kids are sent to hospital to have teeth removed. These figures are huge, and we have to do something to improve dental health in Blackpool.

### Timescales

Fluoridated milk has been offered to all primary school children in year 1 and above since 7 November 2016.

There is no additional cost to parents.

### Tooth brushing and fluoride drops

A child drinking fluoridated milk should still brush their teeth twice a day with a pea-size amount of fluoride toothpaste.

If your child takes fluoride drops or tablets, they can still join the scheme but they should stop taking the tablets/drop.

### Research used

Fluoridated milk is safe to drink. It is a natural mineral found in water, toothpaste and mouthwash. Adding fluoride to the milk makes no difference to the way it looks, smells or taste.

Its benefits have been established by the European Union and World Health Organisation who concluded that it contributed to maintaining tooth mineralisation:

#### [The Borrow Foundation](#)

A successful fluoride milk scheme has been operating in Manchester for a number of years.

Please direct any queries on fluoridated milk to [publichealth@blackpool.gov.uk](mailto:publichealth@blackpool.gov.uk)

Fluoridated milk scheme information for parents

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