



Give Your Family More of the Good Stuff!



Milk Basics

\$hop and \$ave

✿ Check the sell-by date on the package. Choose the milk with the latest date to give the most time to use it. It is usually safe to drink milk a few days past the sell-by date if it smells good.

✿ Milk sold in larger cartons and jugs is usually cheaper per ounce. Buy only the amount you can use before it spoils, or plan to freeze any extra.

✿ Powdered milk may cost the least. Try it for cooking or drinking. Find tips for using powdered milk on the other side.

Milk is rich in Calcium. Calcium is used to build bones and teeth.



Types of Milk

Fat-free, 1%, 2%, and whole milk have the same nutrients but increasing amounts of fat and calories.

Evaporated milk has some water removed. This changes the flavor and color. Use in soups or sauces, or when baking quick breads.

If you are lactose intolerant, try **lactose-free** milk, or non-dairy options such as **soy, almond** or **rice milk**. Always check the label to be sure a serving provides at least 300 mg of calcium as well as vitamin D.

Powered milk is low cost and can be great to keep on hand. Instant powdered milk mixes more easily than regular. See the table below for amounts.

Switch to
fat-free or low-fat
(1%) milk.

Water	+	Instant Powdered Milk	=	Liquid Milk
4 cups	:	$\frac{3}{4}$ cup	:	1 quart
1 cup	:	3 Tablespoons	:	1 cup milk
$\frac{1}{2}$ cup	:	1 $\frac{1}{2}$ Tablespoons	:	$\frac{1}{2}$ cup milk

Store Well Waste Less



Follow these steps to help your milk stay fresh longer:

- Refrigerate milk as soon as you get home with it, and right after using it.
- Store powdered milk and canned evaporated milk in a cool, dry place.
- Refrigerate evaporated milk after opening and use within 3 to 4 days.

You can freeze milk.

Milk will expand when frozen, so be sure to leave room in the container so it doesn't burst or overflow. Thaw frozen milk by putting it in the refrigerator for 24 hours. Shake well. Flavor and texture change slightly when milk is frozen.

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Cooking with Milk

Here are some tasty, healthy recipes for your whole family. You can also use powdered milk in these recipes.

Orange Delight

Ingredients:

- 6 ounces frozen **orange juice concentrate** (about $\frac{3}{4}$ cup)
- 4 cups non-fat or 1% **milk**
- 1 teaspoon **vanilla extract**

Directions:

1. Place all ingredients in a blender.
2. Blend for about 30 seconds or until smooth. Serve and enjoy.
3. Refrigerate leftovers within 2 hours.

Notes:

- ✿ If you don't have a blender, mix the ingredients well in a bowl until frothy.

Almond Rice Pudding

Ingredients:

- 3 cups **milk**
- 1 cup white or brown **rice**
- $\frac{1}{4}$ cup **sugar**
- 1 teaspoon **vanilla**
- 1 $\frac{1}{2}$ teaspoons **almond extract**
- cinnamon** to taste

Directions:

1. Combine milk and rice in a 2-3 quart saucepan, and bring to a boil.
2. Reduce heat and simmer for $\frac{1}{2}$ hour with the lid on until the rice is soft.
3. Add sugar, vanilla, almond extract and cinnamon. Stir and serve warm.
4. Refrigerate leftovers within 2 hours.

Notes:

- ✿ Try topping with fruit or sliced almonds.

Go to
FoodHero.org
for easy, tasty
milk recipes

Make the Switch!

Help your family adjust to lower-fat milk by mixing their current 2% or whole milk with a lower-fat version for a few days. Keep working toward less fat until you reach fat-free or 1%.

Tips for Serving Powdered Milk

- ✿ Serve powdered milk cold for better flavor. Mix and refrigerate the night before use.
- ✿ Mix equal parts fluid milk and mixed dry milk for a flavor your family might like.
- ✿ To make any milkshake or milk based smoothie thicker, add 1 to 2 tablespoons powdered milk.
- ✿ Stir powdered milk into tomato or other soups and skillet meals to boost protein and calcium content.