

## **Give Your Family** More of the Good Stuff!







## \$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.



Store Well

Waste Less

# Milk Basics

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.

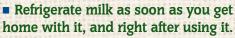
**Evaporated milk** has some water removed. This changes the flavor and color. Use in soups or sauces, or when baking quick breads.

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.

| Water  | + | Instant Powdered Milk | = | Liquid Milk |
|--------|---|-----------------------|---|-------------|
| 4 cups |   | ³⁄₄ cup               | • | 1 quart     |
| 1 сир  |   | 3 Tablespoons         |   | 1 cup milk  |
| ½ cup  |   | 1½ Tablespoons        |   | ½ cup milk  |

### Follow these steps to help your milk stay fresh longer:



- 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.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

### 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 ¾ 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. FoodHero.org 3. Refrigerate leftovers within 2 hours. for easy, tasty Notes: milk recipes 🔅 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
- ¼ cup sugar
- 1 teaspoon vanilla
- 1½ 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 ½ 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.

Try topping with fruit or sliced almonds.

