

# The Magic of Milk

## — STAY NOURISHED —

Milk is magical for many reasons, one being that it's packed with nutrients. One 8 ounce glass of real milk provides 9 essential nutrients: protein, calcium and vitamin D, to name a few.

Explore and enjoy the magic of milk, and be sure to get your 3 servings a day!



## Stay Cool

The first step in avoiding milk waste is to make sure it is stored properly.



Store milk on a shelf in the fridge instead of the door where temperatures vary.

### 35-38° F

Keep your fridge cold, between 35-38° F.



Always keep milk in fridge when not in use.

## Stay Healthy

Milk adds nutrients and a creamy texture to recipes.

- Milk is great for making creamy sauces and gravies, like mac and cheese. Replace water for creamy soups and chowders, or even in your oatmeal.
- Cool off on a hot day by chilling your milk in the freezer for an hour. Or blend it with fruit and enjoy a smoothie or Licuado for breakfast or a snack.
- Heat it up and add coffee for a latte or chocolate syrup for warm tasty treat.
- Need buttermilk? Make your own by adding one Tbsp of white vinegar or lemon juice to 8 oz of milk.
- Tenderize beef, chicken, fish, and pork by soaking, poaching and braising in milk.



## Stay Fresh

Dates listed on milk helps you keep it fresh.

### "Use by"

The last day milk is guaranteed to be its best quality.

### "Sell by"

The last date a store can sell milk so families have enough time to enjoy the milk at home.

### "Best by"

When a product will be of best flavor or quality.

## Stay Fun

For fun recipes to use your milk check out [www.usdairy.com](http://www.usdairy.com)

