

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 13 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

