The Magic of Milk

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.
- 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.

<table>
<thead>
<tr>
<th>“Use by”</th>
<th>“Sell by”</th>
<th>“Best by”</th>
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</thead>
<tbody>
<tr>
<td>The last day milk is guaranteed to be its best quality.</td>
<td>The last date a store can sell milk so families have enough time to enjoy the milk at home.</td>
<td>When a product will be of best flavor or quality.</td>
</tr>
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Stay Fun

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

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