

10 TIPS

TO HELP KEEP YOUR MILK COLD, SAFE & DELICIOUS:

- 1 When you're at the grocery store**, pick up milk and other dairy products last so they stay as cool as possible until you get home.
- 2 If you bring your own bags**, consider purchasing an insulated bag for your dairy items and other cool or frozen groceries.
- 3 When you get home**, make it a part of your routine to put away your milk first.
- 4 Check your refrigerator's temperature** to ensure you're storing milk between 34° F and 38° F.
- 5 To maintain freshness**, keep the milk stored in its original container.
- 6 The best place to store milk** is in the back of the fridge, where it's colder, but that also means it may be a pain to reach, especially in a full fridge. Consider purchasing a rotating plastic tray that you can turn for easy access your milk.
- 7 Return the milk to the fridge** as soon as you're finished pouring it.
- 8 Sometimes milk can absorb other flavors** while stored in the fridge, which is okay; it is still safe! Keep the container securely closed to help avoid this.
- 9 Milk that has been poured out of its container** should never be poured back into the original container.
- 10 Read food labels** on milk and milk products carefully to make sure that the word "pasteurized" is shown.

drink-milk.com

American Dairy Association
MID EAST

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