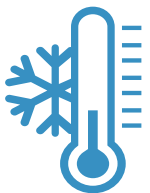# SHELF STABLE MILK
COMMON QUESTIONS

Shelf stable milk is natural, real milk that contains the same nutrients as regular milk. It is ultra-pasteurized and bottled in special aseptic packaging to create a sterile shelf-stable product that does not require refrigeration.

Milk is an integral part of school meals due to its unique nutritional package. One serving of milk delivers 13 essential nutrients that fuels children's growth, development and learning.

What is the shelf life of shelf stable milk? Shelf stable (aseptic) milk can have a shelf life of four months or more and can be stored without refrigeration until ready to use. Once the aseptic packaging is opened, it must be refrigerated and has the same shelf life as regular pasteurized milk.

Should shelf stable milk be served at room temperature? No, we do not recommend serving shelf stable milk at room temperature. Although it does not require refrigeration for storage, most people prefer to consume milk that is between 36-39 degrees, so we recommend refrigerating the milk 48-72 hours prior to serving.

Is the nutritional value of shelf stable milk different than regular milk? No. The nutrition, including protein, calcium and Vitamin D, of shelf stable milk is no different than any other dairy milk options and meets all nutritional requirements for school meals.

Are there preservatives added to create shelf-stable milk? No additives or preservatives are used to produce shelf stable milk. Milk goes through an ultra-high temperature (UHT) pasteurization and is bottled in sterile aseptic packaging that allows for a longer shelf life.

Does shelf-stable milk taste different than regular milk? Due to the high heat used in the UHT pasteurization, there is sometimes a slight difference in flavor, however, most people will not notice this difference, especially in flavored milk.

Are there various types of shelf stable milk and flavor options available? There are a wide variety of shelf-stable milk products, however, product availability for your school depends on your milk processor/distributor.

For more information, visit Drink-Milk.com

American Dairy Association MIDEAST

DRINK-MILK.com