

MICHIGAN STATE UNIVERSITY + U.S. DEPARTMENT OF AGRICULTURE & COUNTIES COOPERATING

## E-1703

**Using and Storing Nonfat Dry Milk** 

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Nonfat dry milk is convenient to store, easy to measure, inexpensive, and easy to use. To get the most food value from your milk — store it right.

### STORING NONFAT DRY MILK

- 1. Store your powdered milk in a cool, dry place, in the original container.
- 2. Keep the box tightly closed to prevent the milk from becoming lumpy.
- 3. If properly stored, nonfat dry milk will remain fresh for several months.

# MIXING THE MILK

- 1. Use tap water to mix your nonfat dry milk. Use the proportions of water to powdered mix given in the package directions.
- 2. Once you have prepared the milk, store it in the refrigerator to keep it fresh and cold.



### NONFAT DRY MILK IS GOOD FOR YOU

In powdered or liquid form, milk is a good source of protein and calcium. If you are on a special diet, remember nonfat milk is low in fat and cholesterol.

#### USING NONFAT DRY MILK

#### As a beverage:

Mix up your milk a day ahead so it will be good and cold for drinking. Add a dash of nutmeg for flavor if desired.

or

Mix up your milk and add it to an equal amount of whole or 2% milk. This will improve the flavor and help cut down on the amount of fluid milk you need to buy.

#### In cooking:

Use premixed powdered milk in any recipe that calls for milk.

or

Add dry milk powder directly to the dry ingredients in a recipe (be sure to add the needed water to the liquid ingredients).

#### Why not use nonfat dry milk for:

- cocoa, milk shakes, or blender breakfast drinks.
- Puddings and custards.
- · Sauces, gravies, or cream soups.
- Muffins, pancakes, or waffles.

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