

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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