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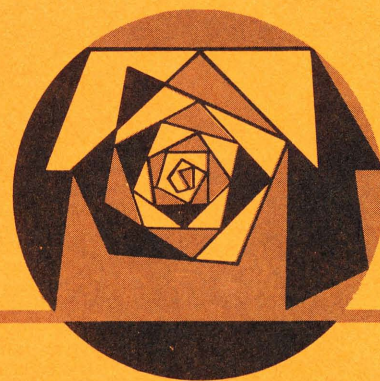
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Milk - Expanded Nutrition & Family Programs
Michigan State University
Cooperative Extension Service
January 1981
4 pages

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Expanded Nutrition & Family Programs



Milk

(A/V)

THE BIG IDEA (Your Goal)

When I (the aide) have taught this lesson, the homemaker will be able to:

1. **Compare** the cost per serving of different forms of milk.
2. **Select** milk for quality, food value, and economy.
3. **Know** the number of servings of milk needed daily.

FACTS BEHIND THE BIG IDEA (For You to Show and Tell the Homemaker)

- Milk is a basic food that everyone in the family needs every day.
 - Milk and milk products are rich in calcium.
 - Milk contains high quality protein, riboflavin, and other vitamins and minerals.
 - Whole milk is a source of vitamin A.
 - Vitamin D is added to homogenized milk, and vitamins A and D to dry milk.

- Unless you have some milk, cheese or ice cream each day, it's difficult to get as much calcium as you need.
- You can buy milk in many forms.

Daily Milk Needs

Children under 9 — 2-3 cups

9-12 years old — 3 or more cups

Teens — 4 or more cups

Adults — 2 or more cups

CUT MILK COSTS

- \$ Nonfat dry milk usually costs much less than fresh milk. Use it in cooking or as a beverage.
- \$ Buy nonfat dry milk in as large a package as you can store and use without waste.

WHAT'S RECONSTITUTED?



IT'S SIMPLE!
YOU ADD WATER
AS DIRECTED ON
THE PACKAGE
TO MAKE IT FLUID.



EXPANDED NUTRITION & FAMILY PROGRAMS

- \$ Store brands of nonfat dry milk are usually cheaper than nationally advertised brands. Small, individual packs are more expensive than regular packages.
- \$ Mix equal amounts of fresh, whole milk and reconstituted, nonfat dry milk for drinking.
- \$ Evaporated milk costs less than fresh milk but more than nonfat dry milk.
- \$ Save a few cents per quart by buying milk in containers larger than quart size.
- \$ Save a few cents when you buy milk in a carton instead of a plastic jug.

COMPARE COSTS OF MILK PRODUCTS

Look at different milk products. Think about how much nutrition they provide for the money.

Compare the cost of 1 cup fresh, whole milk with:

- 1 cup of milk in different forms — evaporated, nonfat dry.
- 1½ cups ice cream needed to supply the same amount of calcium found in milk.
- 1½ ounces of pasteurized process cheese needed to supply the same amount of calcium found in milk.

THINGS TO DO BEFORE VISIT

Check your files for suggestions on how to get more milk into family meals and snacks. Figure out how much milk your family drinks each week. Estimate how much this milk costs if you use fresh, whole milk or nonfat dry milk.

HOW DO YOU KNOW SHE LEARNED?

Listen to the homemaker as she talks. What kind of questions is she asking? How does she react to the price comparisons you have made during the lesson? Ask her to name some ways she might save on her milk bill. How does she respond?

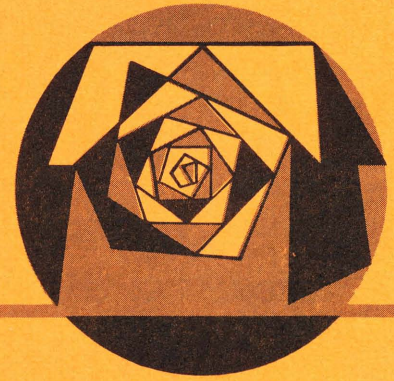
REFERENCES (Available in Your State)

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Cooperative Extension Work: United States Department of Agriculture and State Land-Grant Universities Cooperating.

Issued September 1977.

Expanded Nutrition & Family Programs



Milk

(A/V)

(Use this sheet on home visits)

THE BIG IDEA

When you compare the nutritive value and cost of different forms of milk, you can choose the milk product that provides the greatest nutritive value for the money.

HOW TO PRESENT THE BIG IDEA

Explain why milk is important.

Show the homemaker how to compare the cost of a cup of milk:

| Form | Quantity | Purchase Price | Price per Cup |
|-----------------|-------------|----------------|---------------|
| Whole Milk | 1 gallon | _____ | _____ |
| | half-gallon | _____ | _____ |
| | 1 quart | _____ | _____ |
| Dry Milk | 20 quarts | _____ | _____ |
| | 10 quarts | _____ | _____ |
| | 1 quart | _____ | _____ |
| Evaporated Milk | 13 ounces | _____ | _____ |

Using the handout, figure the amount of milk the homemaker will need to purchase each week.

Decide how different forms of milk can be used to satisfy her family and stretch the milk dollar.

HOW DO YOU KNOW SHE LEARNED?

Ask the homemaker to point out the best buy as you discuss and figure the costs per serving. Can she suggest changes she can make in her milk-buying habits?

EXPANDED NUTRITION & FAMILY PROGRAMS

Ways to Serve Nonfat Dry Milk

Which is the right one for you?



INSTANT NONFAT DRY MILK

FLUID MILK FROM NONFAT DRY MILK

For 1 cup fluid milk. Add 1/3 cup instant nonfat dry milk to 1 cup water. Stir to mix. Chill for drinking.

For about 1 quart fluid milk. Add 1-1/3 cups instant nonfat dry milk to 4 cups water. Stir to mix. Chill for drinking.

Buttermilk

Mix 3 cups instant nonfat dry milk and 3 cups lukewarm water. Add 1/2 cup fresh buttermilk. Cover. Let stand at room temperature about 8 hours until thickened. Stir until smooth. Cover and chill. Makes 6 1/2 cups.

HALF WHOLE MILK AND HALF NONFAT DRY MILK

Blend equal parts of whole, fresh milk with reconstituted nonfat dry milk. Stir. Refrigerate.

Orange Cooler

Prepare 4 cups of reconstituted nonfat dry milk in pitcher. Add a 6-ounce can of orange juice concentrate and 3 tablespoons sugar. Stir. Refrigerate for several hours. Stir again. Pour into 4 glasses.

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Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Gordon E. Guyer, Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

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Michigan State University Printing