**To Stretch Your Milk Dollar — Compare Costs**

How much milk does my family drink each day? __________________________

How much milk do they drink each week? __________________________

How much milk do I need to buy each week? __________________________

How much will this milk cost? __________________________

<table>
<thead>
<tr>
<th>Size of Container</th>
<th>Cost of Container</th>
<th>Price Per Quart</th>
<th>Cost of Milk For One Week</th>
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</thead>
<tbody>
<tr>
<td>Nonfat Dry milk</td>
<td></td>
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<tr>
<td>Whole Fluid Milk</td>
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Cost of milk for a week if:

I mix ½ whole fluid milk with ½ nonfat dry milk. __________________________

I mix and use only nonfat dry milk. __________________________
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 6 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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