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Milk Handout- Expanded Nutrition & Family Programs
Michigan State University
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Expanded Nutrition & Family Programs



To Stretch Your Milk Dollar — Compare Costs (H)

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? _____

	Size of Container	Cost of Container	Price Per Quart	Cost of Milk For One Week
Nonfat Dry milk	_____	_____	_____	_____
Whole Fluid Milk	_____	_____	_____	_____

Cost of milk for a week if:

I mix 1/2 whole fluid milk with 1/2 nonfat dry milk. _____

I mix and use only nonfat dry milk. _____

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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