

MSU Extension Publication Archive

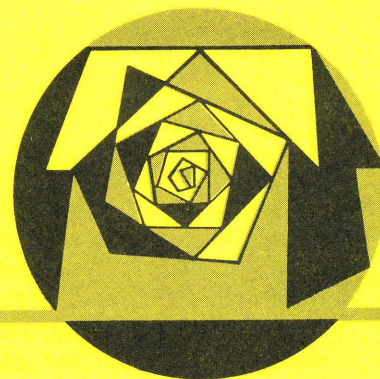
Archive copy of publication, do not use for current recommendations. Up-to-date information about many topics can be obtained from your local Extension office.

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

The PDF file was provided courtesy of the Michigan State University Library

Scroll down to view the publication.

Expanded Nutrition & Family Programs



Milk Products

(A/V)

THE BIG IDEA (Your Goal)

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

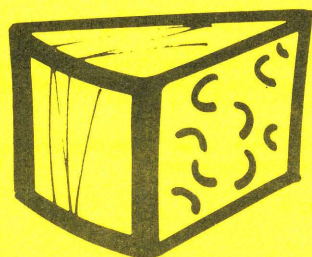
1. **Recognize** milk products that provide some of the same nutrition that milk does.
2. **Learn** that some milk products provide more nutrition for the money than others do.
3. **Select** cheese to meet her needs.
4. **Find** ways to cut cheese costs.

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

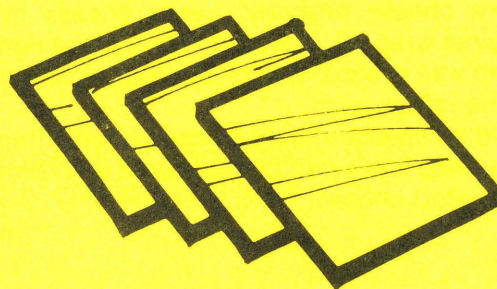
- Ice cream, cheese and other milk products supply some of the milk you need.
- Ice cream is made from cream, milk, fruit or flavors and sugar, with at least 10 percent milkfat, and 20 percent total milk solids. Ice cream can be an expensive source of milk. Three-fourths cup of ice cream may cost three times as much as ½ cup fluid milk.
- Serve cheese with meals or for snacks.
- Cheese concentrates a lot of food value into a small package.
- The protein in cheese is of the same high quality as the protein in meat, fish, and eggs.
- Main dishes made with cheese usually save money.
- Cottage and Ricotta cheeses are lower in calories than most cheeses. They are good for weight watchers.

WHAT KIND OF CHEESE SHALL I BUY?

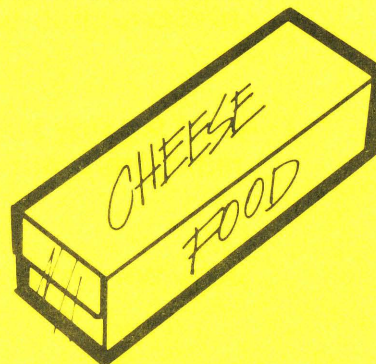
- **Cheddar cheese** is a "natural" cheese made from milk. Some are aged to develop their flavor.



- **Pasteurized process cheese** is a soft blend of fresh and aged cheeses. Process cheeses are easy to use in cooked foods because they melt quickly and are easy to slice for snacks.



- **Pasteurized process cheese food** contains less cheese, less fat, and more moisture than process cheese. It also provides less protein, calcium, and other nutrients.



- **Pasteurized process cheese spread** contains less cheese and more water than process cheese food.



CUT CHEESE COSTS

- \$ Buy process cheese. Natural cheeses, particularly those marked "aged" and "sharp," cost more than process cheese.
- \$ Grate or slice cheese at home. Grated cheeses and wrapped cheese slices cost more than equal amounts of the same cheese in large pieces.
- \$ Buy the largest package you can use without waste. Cheeses in large packages and cottage cheese in large cartons cost less per pound.
- \$ Pasteurized process cheese costs more than pasteurized process cheese food and cheese spread. However, it has more flavor and nutrition.
- \$ Learn to make your own cheese spread at home.
- \$ Store cheese properly. Leave cheese in its original wrapper. Cover the cut surface tightly. Wrap well or store in a tightly covered container in the refrigerator.
- \$ Mold on cheese should be **completely** trimmed off unless it is a part of the cheese as in Blue or Roquefort cheese.

THINGS TO DO BEFORE VISIT

Check newspaper food ads. Visit a local grocery store to find out what kinds of cheese and ice cream are sold. Look at prices. Check homemaker's **Food Recalls** to see if she uses milk products. Find pictures or labels from cheeses. Look in USDA bulletin, H&G No. 112, **Cheese in Family Meals** for ways to use cheese.

HOW DO YOU KNOW SHE LEARNED?

Can she correctly answer these questions:

- Who in my family should eat milk products?
- Which milk products are the best buys for my family?

Did she ask you a question about milk products? Did she seem to feel that she could do a better job now of shopping for cheese and using it in meals and snacks?

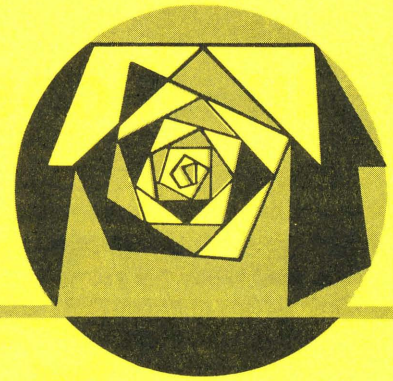
REFERENCES (Available in Your State)

The Extension Service of the U.S. Department of Agriculture offers its programs to all eligible persons regardless of race, color, or national origin, and is an equal opportunity employer.

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

Issued September 1977.

Expanded Nutrition & Family Programs



Milk Products

(A/V)

(Use this sheet on home visits)

THE BIG IDEA

Milk products give you protein, calcium, and other nutrients you need. When you buy cheese, you get a lot of nutrition in a small package.

HOW TO PRESENT THE BIG IDEA

Discuss the different kinds of milk products that are available.

Use pictures and labels to point out differences in products.

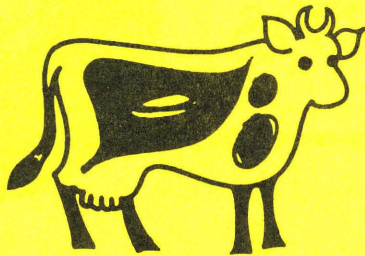
Compare the cost of the calcium that you get from milk with other milk products. Use the chart (other side).

Talk about ways that milk products can be included in meals.

HOW DO YOU KNOW SHE LEARNED?

Ask her to jot down or try to remember the ways she uses milk and milk products from now until your next visit. At your next visit ask her if she used more of the foods. Ask how they were used. Did her family enjoy them? What else would she like to know about milk products?

Questions to Think About . . .



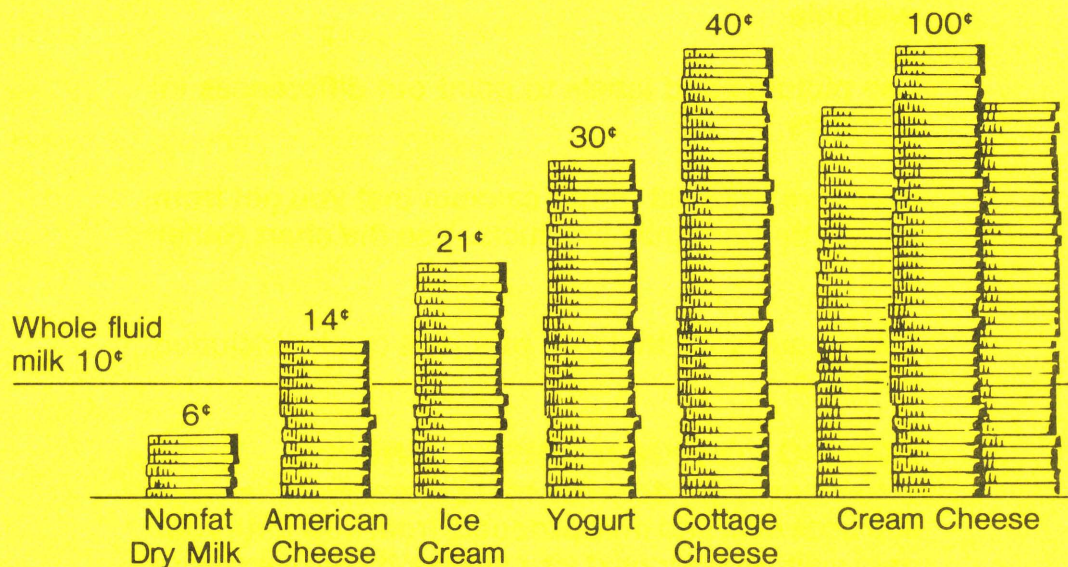
How many different milk products does your family use?

What are the best buys in milk products?

How can you use more milk products in meals or snacks?

What does calcium cost?

COMPARE: THE COSTS OF CALCIUM



PRICES FROM WASHINGTON D.C. SUPERMARKETS, APRIL 1976

MICHIGAN STATE UNIVERSITY



MSU is an Affirmative Action/Equal Opportunity Institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, or sex.

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.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim as a separate or within another publication with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

1P-1M-1 :81-UP