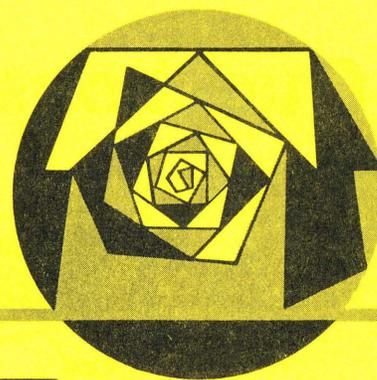# MSU Extension Publication Archive

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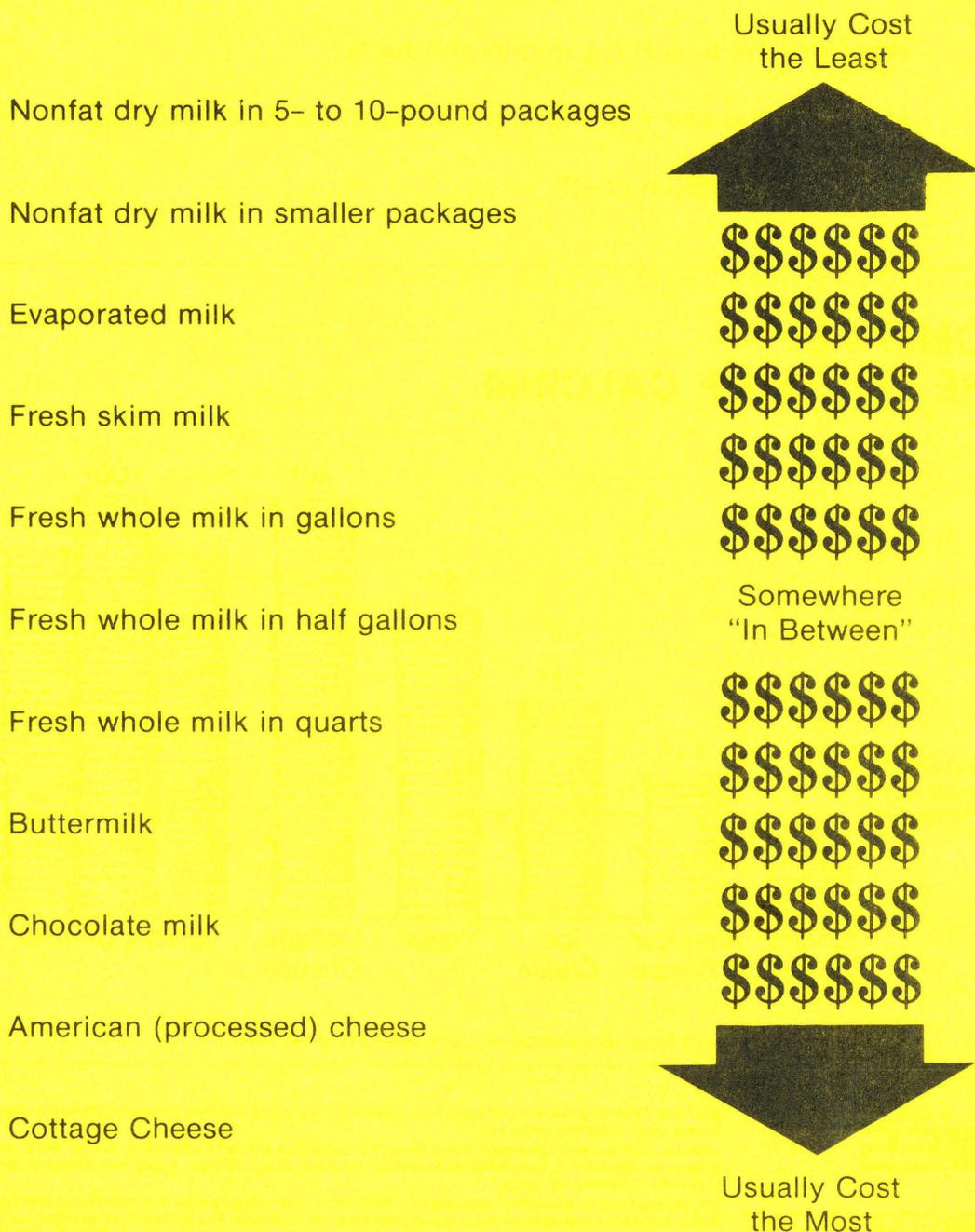January 1981
2 pages

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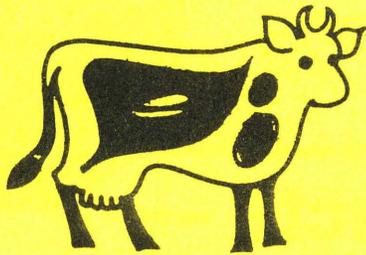
Expanded Nutrition & Family Programs

Shop for Milk Products — Which Is the Right One for You? (H)

Usually Cost
the Least

Nonfat dry milk in 5- to 10-pound packages

Nonfat dry milk in smaller packages

$$$$$$

Evaporated milk

$$$$$$

Fresh skim milk

$$$$$$

Fresh whole milk in gallons

$$$$$$

$$$$$$

Somewhere
"In Between"

Fresh whole milk in half gallons

Fresh whole milk in quarts

$$$$$$

$$$$$$

Buttermilk

$$$$$$

Chocolate milk

$$$$$$

$$$$$$

American (processed) cheese

Cottage Cheese

Usually Cost
the Most

EXPANDED NUTRITION & FAMILY PROGRAMS

Cooperative Extension Service   •   Michigan State University   •   East Lansing, Michigan 48824
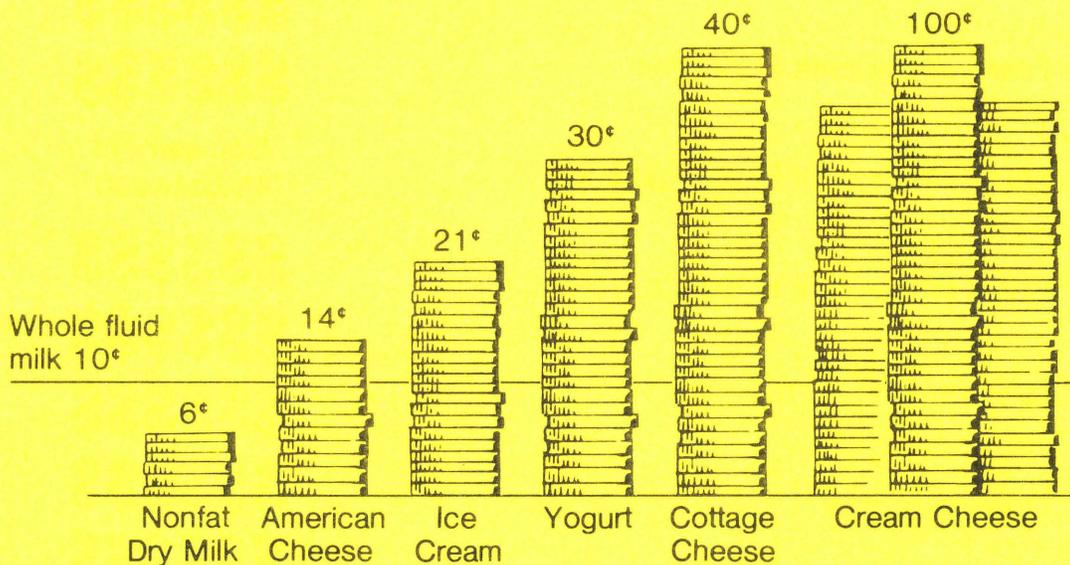
Questions to Think About . . .

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

40¢

100¢

30¢

21¢

14¢

Whole fluid
milk 10¢

6¢

| Nonfat | American | Ice | Yogurt | Cottage | Cream Cheese |
| Dry Milk | Cheese | Cream | | Cheese | |

PRICES FROM WASHINGTON D.C. SUPERMARKETS, APRIL 1976