

Tips for Making The Most of Your **MILK**

Sell By is how long retailers can keep the milk on the shelf and determines the best date to sell milk by for inventory purposes. This is **NOT** an expiration date.

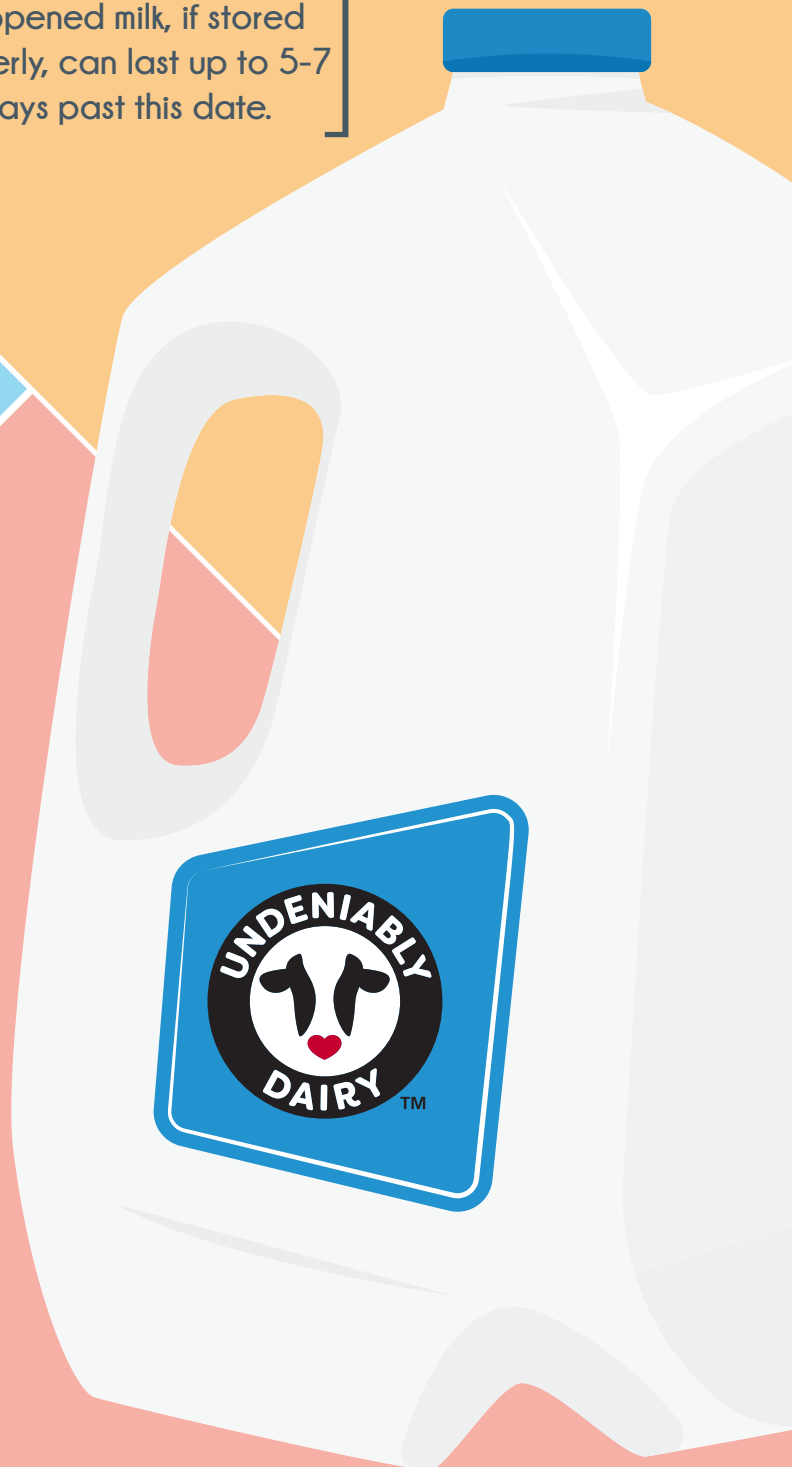
[Unopened milk, if stored properly, can last up to 5-7 days past this date.]

Best if Used By/Use By/Use Before means to enjoy milk by this date for best taste.

[May still last a few days past date. Look for signs of spoilage: funny taste or smell, texture is different.]

Store it Right by keeping milk refrigerated 35° - 40°F to maximize freshness and store towards the back of the fridge where it is coldest.

[Do not store milk and other dairy products in the door.]



Keep It Fresh

Don't leave milk out more than 2 hours or more than 1 hour if it's hotter than 90° F.

Try to make milk your last stop when shopping and the first thing you put away when you get home. Re-usable insulated bags help too!

Store It Right

Milk can be frozen up to 3 months.

Store **yogurt** on the upper shelf of the refrigerator and keep it tightly covered to maximize freshness.

Store **butter** on a middle shelf; wrap it tightly to keep it fresh.

Store **milk** on bottom shelf to keep it as cold as possible.

Store **cottage cheese** and **sour cream** on lower shelves to maintain quality longer.

Store **cheese** in its own drawer because it absorbs other flavors easily.

Keep freezer temperature at 0°F or below.

Avoid overpacking your refrigerator. Cold air must move around foods to keep them cold.

Keep refrigerator temperature between 35°-40°F.

Don't store **milk** or **butter** in the door as they will be exposed to warmer air when the door is opened. Use the door for storing condiments, instead.

Thaw It Right

Milk can be frozen for up to 3 months. Freeze in smaller containers with room for expansion.

To thaw frozen milk, place in the refrigerator for at least a day. Freezing may alter the color or texture, but it's still good for drinking and cooking!