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.

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

- Keep refrigerator temperature between 35°-40°F.

- 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!

- 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.

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!

THE DAIRY ALLIANCE
thedairyalliance.com