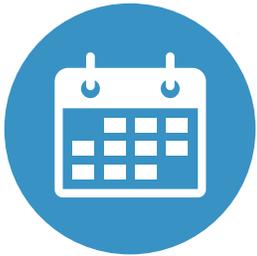


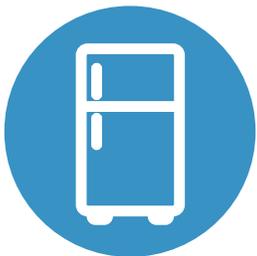


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Keep Your Dairy Fresh



Time It Right: The **sell-by-date** is the last day the grocery store should sell the product, and the **use-by-date** indicates when a product will be of best flavor or peak quality. Neither are safety dates; products can typically be used for several days after these dates when properly stored and refrigerated.



Proper Placement: Keep your fridge at 35-40°F to maximize freshness. **Milk** should be stored in its original container on the bottom shelf to keep it as cold as possible. **Cheese** should be put in its own drawer because it easily absorbs other flavors. **Yogurt** keeps best on an upper shelf and tightly covered.



Freeze It: Keep your freezer temperature at 0°F or below. **Milk** can be frozen up to 3 months, but remember to leave a 1/2 inch of headspace. **Cheese** can be frozen for up to 6-9 months - portion, wrap and pack it in an airtight container. **Yogurt** can be frozen for up to 2 months; stir thoroughly and place the entire container in the freezer. Texture may change when freezing any dairy foods so they may be best used for cooking or baking.

20 Ways to Use Dairy

Did you know that approximately 30-40% of food goes uneaten in the U.S.? Here are some easy ideas to use every last bit of dairy in your fridge while adding flavor, protein and nutrients to your meals!

1.

Begin your day with a bowl of whole-grain cereal topped with a cup of milk.

2.

Freeze milk into ice cubes to add to smoothies, sauces or soups.

3.

Make pancakes, waffles or biscuits with milk and freeze for easy microwave breakfasts.

4.

Mix yogurt with taco seasoning, add black beans and salsa for a layered dip.

5.

Add milk to lighten up your morning coffee.

6.

Stir up your favorite pudding with some milk.

7.

Mix nut butter with yogurt and top with fruit.

8.

Make a charcuterie board with your favorite cheeses.

9.

Make oatmeal or farina (cream of wheat) with milk instead of water.

10.

Heat chocolate milk for an instant cup of hot chocolate.

11.

Blend your favorite fresh or frozen fruit with milk or yogurt to make a smoothie.

12.

Use a cucumber slice instead of a cracker with cheddar cheese.

13.

Whisk eggs with milk when making an omelet or scramble.

14.

Give soup a creamy texture by adding milk instead of water.

15.

Sprinkle cheese on top of a salad or baked potato for added flavor.

16.

Layer yogurt, fruit and whole grain cereal for a perfect parfait.

17.

Make overnight oats with yogurt and milk.

18.

Bake bread or muffins with milk instead of water.

19.

Mix yogurt and dill to make a vegetable dip.

20.

Melt cheese on top of an English muffin.