

Let's talk about
**MILK'S
SHELF LIFE**

Did you know that cow's milk is safe to drink after the date printed on the jug or carton?

The stamped 'Sell by' date on a milk container is regulated by the Food and Drug Administration (FDA). This date tells grocery stores when to sell the milk to ensure the best quality.

However, it does not mean that milk is unsafe to drink or is expired when the 'Sell by' date is reached.



Drink Milk after 'Sell by' Date Safely

- Opened milk generally lasts at least 2-3 days past the stamped 'Sell by' date.
- Unopened milk generally stays good for 5-7 days past its stamped date.
- Milk can be frozen up to 3 months and remain safe to drink despite its color and texture changing due to thawing.

Type of Milk

How Long it Lasts Past 'Sell by' date

All milk, once opened	4-7 days
Unopened whole milk	5-7 days
Unopened reduced fat & skim milk	7 days
Unopened non-fat & lactose free milk	7-10 days
Unopened frozen milk	3 months

Milk Storage Tips

How milk is stored is important to prevent foodborne illness. Be sure to follow these four tips to help keep milk fresh after it leaves the store!

- 1.** Place milk in the fridge as soon as possible after purchase. Make it the first thing you remove from your car!
- 2.** Keep your refrigerator temperature between 38°F and 40°F.
- 3.** Store milk on an interior shelf in your fridge rather than in the door. The temperature in the door is not consistent.
- 4.** After use, always tightly seal the carton and quickly return it to the fridge.

How can you tell if milk is spoiled?

Smell and taste are the best ways to determine whether your milk is okay to use.

- Spoiled milk has a distinct sour odor. This is due to lactic acid produced by bacteria.
- It may also be yellow in color and lumpy in texture.
- Finally, spoiled milk will have a sour taste.

If milk has none of these qualities and falls within 5-7 days after the 'Sell by' date, then it is safe to drink it or use in recipes!

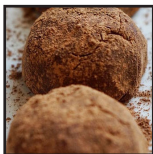
Ideas to Use Up Milk

- 1. Freeze milk into ice cubes** to add to smoothies, sauces or soups.
- 2. Marinate and tenderize chicken:** Add 1 tablespoon lemon juice to whole milk. Let sit 5 minutes. Add salt, pepper and favorite seasonings. Pour over chicken and refrigerate overnight in an airtight container.
- 3. Prep homemade popsicles:** Blend milk with yogurt and fruit, then freeze in a popsicle mold, paper cups or other small, freezable containers.
- 4. Use milk instead of water** when making things like oatmeal, hot cocoa, mac and cheese, etc.
- 5. Use milk instead of yogurt, sour cream, or buttermilk** in baked goods, pancakes/waffles, or soups and casseroles (for thickening).

Recipes to use unspoiled, older milk

Quark is a fresh, soft and white cheese made by warming soured milk, letting it curdle, then straining it. To learn more about quark, how to make it and try new recipes, please visit:

MilkMeansMore.org/quark-funny-name-but-seriously-good/



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