

## MILK

# TASTE <sup>NOT</sup> WASTE



Reduce Your Environmental Food Footprint

We don't intend to waste food, but unfortunately sometimes we do. By shopping smart, storing food properly, and understanding "sell by" dates, we can keep food out of the landfill and lower our environmental impact.

Milk is affordable, accessible, and a one-stop shop for good nutrition. Each 8-ounce glass provides 13 essential nutrients such as protein, calcium, potassium, vitamins A & D, and zinc.



### MAKE A PLAN

#### Shop your fridge first.

Use what you have and buy what you need. Lower fat milk can often be substituted for full-fat in recipes. The consistency may change, but you still get the health benefits.

### SELL BY

#### What does the "sell by" date mean?

Milk packaging includes a date to help know when food is of best quality. The "sell by" date suggests the last day milk should be sold, which leaves plenty of time for you to enjoy it. Especially if you keep it cold.



### KEEP IT COLD

32° - 40°F

Keep milk in the back of the fridge for ideal storage. It can last up to 2 weeks, or even longer, past the "sell by" date.



### Can you freeze milk?

Milk can be frozen for up to four months and thawed before use. Thawed milk may separate causing a grainy texture and is best used for cooking or baking.

**Note:** Because milk expands when it freezes, leave about an inch of space in the container.



### How do I know if milk is still good?

**Use your nose:** if it smells sour, throw it out.

**Take a look:** if it looks thick, pour it out.

Otherwise, enjoy it as a nutritious ingredient and beverage.



*Food nourishes us while we enjoy its deliciousness.  
Our role is to use it responsibly. Taste foods, don't waste them!*



## Nutritious and Delicious

Milk is a versatile and nutrient-rich food that can help build bones, provide energy, and support a healthy immune system. If you are stumped on how to use what you have, here are some ways to pour on more nutrients and use that last drop of milk.



### Blend it

Make a smoothie with milk, fruit, yogurt, almond butter, and a handful of spinach or oats.



### Fortify with protein

Use milk instead of water to make oatmeal, soups, and pancakes.



### Mix it up

Create a cold brew latte by mixing 1 cup of cold coffee with ½ cup of milk, sweeten to taste and serve over ice.



## Taste It, Don't Waste It Recipe

### Cheese and Vegetable Strata

Strata is Latin for layers. This baked casserole has layers of bread, vegetables, and cheese. From artichokes to zucchini, strata is a no-waste recipe. Try different hearty breads, cheeses, raw, cooked, and frozen vegetables to use up what you have on hand.

### INGREDIENTS

- 1 ¾ cup milk
- 4 eggs
- 1 tablespoon Dijon mustard
- 1 teaspoon dried minced onion
- 5 dashes hot sauce (like Tabasco)
- 4-5 cups firm or stale 1-inch bread cubes
- 3 cups raw spinach or 10-ounces frozen spinach, thawed, drained
- ½ chopped cooked peppers
- ½ cup cherry or diced tomatoes
- 1 cup grated cheese
- Cooking spray

### INSTRUCTIONS

1. Heat oven to 375°F. Lightly spray 10-inch oven-proof skillet or 11" x 8" baking dish with cooking spray.
2. In a large bowl, stir milk, eggs, Dijon mustard, dried onion, and hot sauce with a fork or whisk until eggs are blended and mixture is the same color.
3. Add bread cubes, vegetables, and cheese to milk mixture, stir together until all is well mixed. Pour into baking dish. Bake 35-40 minutes, until bread is toasted and the strata looks set. Remove from oven.
4. Store leftovers covered in the refrigerator for up to 4 days. Reheat in 350°F oven for 15 minutes or in the microwave 2-3 minutes, until heated through.



### RECIPE TIPS

- Harder vegetables such as peppers, onion, broccoli, and celery should be cooked before adding to milk mixture.
- Try different cheeses to use what you have. Cheddar, Swiss, Parmesan, or cottage cheese work well.
- Firm or stale breads are preferred because soft breads become mushy. Bagels, sourdough, baguette, or ciabatta are good choices.