



## Using and Storing Nonfat Dry Milk

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Nonfat dry milk is convenient to store, easy to use and inexpensive. In powdered or liquid form, milk is an excellent source of protein and calcium and low in fat and cholesterol.

### How to store nonfat dry milk

- Store your powdered milk in the original container
- Store in a cool, dry place.
- Dry milk products are very sensitive to temperature and humidity. The area where your dry milk is stored should be kept as cool as possible.
- Dry milk will absorb moisture and odors, so storage containers should be airtight and moisture proof.

### Mixing the milk

Use tap water to mix your nonfat dry milk. Follow the proportions of water to powdered mix provided in the package directions. Once you have prepared the milk, store it in the refrigerator to keep it fresh and cold.

### Using nonfat dry milk in cooking

Use premixed powdered milk in any recipe that calls for milk.

In baking, add dry milk powder directly to the dry ingredients in a recipe and add the needed water to the liquid ingredients.

#### Nonfat dry milk can be used for:

- Cocoa, milkshakes or blender drinks.
- Puddings and custards.
- Sauces, gravies or cream soups.
- Muffins, pancakes or waffles.

#### For more information about safe food handling and preparation:

FDA's Food Information Hotline  
1-888-SAFEFOOD (1-888-723-3366)

USDA's Meat and Poultry Hotline  
1-800-535-4555

FDA's Food Information and Seafood Hotline  
1-800-332-4010

United States Food Safety Web Site  
[www.foodsafety.gov](http://www.foodsafety.gov)

The Food Domain. Michigan State University  
[www.fooddomain.msu.edu](http://www.fooddomain.msu.edu)

Extension Disaster Education Network  
[www.eden.lsu.edu](http://www.eden.lsu.edu)

Federal Emergency Management Agency  
[www.fema.gov](http://www.fema.gov)



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