

# Strive For 35°

KIDS LOVE COLD MILK

## Cold Milk Fact Sheet

### ■ Kids need More Dairy in Their Diets

The Dietary Guidelines for Americans identified low-fat and fat-free milk and milk products as one of the Food Groups to Encourage because they are sources of specific nutrients low in Americans' diets. Dairy foods supply three of the five nutrients of concern for children: calcium, potassium and magnesium.

### ■ Kids Love Cold Milk!

Milk tastes best when it is served cold, between 35°F and 40°F. When it comes to nutrition, all beverages are not created equal. So, help ensure that kids will choose milk by serving it the way it tastes best.

### ■ Cold Milk Stays Fresh Longer

Temperatures above 40°F reduce the shelf life of milk. The shelf life of milk is shortened by a full 50% for every five degree rise in temperature over 40°. Strive for 35°! Milk stays fresh longest at this temperature.



### WHAT YOU CAN DO

#### Milk Handling

- Check milk temperature at the time of delivery
- Place milk into a cooler immediately after delivery
- Do not overload the milk cooler – allow proper air circulation around milk
- Place milk toward the back and away from the door when storing it in a walk-in cooler
- Monitor the temperature of your milk daily
- Close drop front cooler doors between serving periods
- Keep milk refrigerated at all times

#### Equipment

- Monitor milk cooler thermostats
- Schedule periodic maintenance for your refrigerated equipment
- Make sure that refrigerator condenser coils are clean and unobstructed by boxes or other objects
- Clean air filters and vents on a regular basis
- Clean gaskets and replace worn ones. Make sure that refrigerator doors close tightly.
- Consider forced air coolers or glass door merchandisers when replacing cold wall/drop front coolers

Visit [www.NutritionExplorations.org](http://www.NutritionExplorations.org) > School Nutrition Professionals for more information.