



# 5 Tips *for* Storing Dairy Products

## EXTEND THE SHELF LIFE OF MILK BY FREEZING IT.

Milk expands when frozen, so be sure to leave room in the container, which will keep it from bursting. Also do not forget to write the date on your container. After you have frozen your milk, it can be thawed in the refrigerator overnight or by being placed in a sealed plastic bag and submerged in cold water. Frozen milk will last for about 3 months.



## DO NOT STORE MILK & DAIRY PRODUCTS IN THE REFRIGERATOR DOOR.

It has the most temperature fluctuations, allowing for quicker expiration.



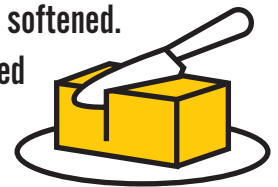
## CHEESE CAN KEEP FOR SIX TO NINE MONTHS WHEN FROZEN IN AN AIRTIGHT CONTAINER.

Hard cheeses like Cheddar, Swiss, and Monterey Jack are best for freezing (keep in mind shredded cheese as well!) Always mark the date on the container. Frozen cheese should be thawed in the refrigerator for 24 hours, and are best used in cooked dishes.



## PRESERVE BUTTER LONGER BY PLACING IT IN THE FREEZER IN A DATED AND SEALED PLASTIC FREEZER BAG.

Salted butter will keep for up to 12 months, and unsalted butter will keep for about 6 months. Thaw frozen butter by warming in the microwave for ten second increments until softened. Frozen butter can also be thawed by being placed in the refrigerator for 24 hours.



**DAIRY PRODUCTS WHICH ARE SOLD IN CARTONS LIKE SOUR CREAM, COTTAGE CHEESE, YOGURT, AND ICE CREAM CAN BE STORED UPSIDE DOWN TO PREVENT MOLD AND ICE CRYSTALS FROM FORMING.**