

Cold Milk Fact Sheet

Let us help you keep it healthy.



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 choose milk by serving it the way it tastes best.

KIDS NEED MORE CALCIUM

Among children ages 6-11, 71% of girls and 62% of boys don't meet calcium requirements. And, milk is one of the richest sources of calcium. Each 8-ounce serving of milk has 300 mg of calcium, getting kids on their way to meeting their recommended three servings a day.

MILK IS A NUTRIENT-RICH POWERHOUSE

Milk contains nine essential nutrients, making it one of the most nutrient-rich beverages children can enjoy.

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°F. Strive for 35°! Milk stays fresh longest at this temperature.

HERE'S WHAT YOU CAN DO

- **MONITOR THE TEMPERATURE OF YOUR MILK DAILY**
- **CLOSE DROP-FRONT COOLER DOORS BETWEEN SERVING PERIODS**
- **REPLACE WORN GASKETS AROUND COOLERS**
- **MONITOR MILK COOLER THERMOSTAT**
- **PLACE MILK TOWARD THE BACK AND AWAY FROM THE DOOR WHEN STORING IT IN A WALK-IN COOLER**
- **CHECK MILK TEMPERATURE AT THE TIME OF DELIVERY**
- **PLACE MILK INTO A COOLER IMMEDIATELY AFTER DELIVERY**
- **DO NOT SET MILK OUTSIDE COOLER DURING MEAL SERVICE**
- **CONSIDER FORCED AIR COOLERS OR GLASS DOOR MERCHANDISERS WHEN REPLACING COLD WALL / DROP FRONT COOLERS**
- **DO NOT OVERLOAD THE MILK COOLER – ALLOW PROPER AIR CIRCULATION AROUND MILK**
- **CLEAN MILK COOLER VENTS ON A REGULAR BASIS**

Keep it cold and healthy!

