How to Mix Instant Nonfat Dry Milk

1. Put water in a bowl.
   - 4 cups water

2. Add dry milk.
   - 1 1/3 cups Instant nonfat dry milk
   - Stir well.

3. Pour milk in a jar or pitcher.
   - Cover it.

4. Keep milk in the refrigerator.
   - Keep it covered.
   - Milk tastes better when it is cold.

This recipe makes 1 quart of milk.

1. Pour water in a large boiler or a large jar.
   - 4 quarts water

2. Add dry milk.
   - 5 3/4 cups Instant nonfat dry milk
   - Stir well.

3. Pour milk in jars or a large pitcher.
   - Cover it.

4. Keep milk in the refrigerator.
   - Keep it covered.
   - Milk tastes better when it is cold.

This recipe makes 1 gallon of milk.
Instant Nonfat Dry Milk

What You Use
For 1 quart of milk
4 cups water
1 1/3 cups instant nonfat dry milk

For 1 gallon of milk
4 quarts water
5 1/3 cups instant nonfat dry milk

Use it like fresh milk.
Use it for drinking and for cooking.

Drink milk with meals.
Drink milk with snacks.
Eat foods with milk in them:
• Chocolate pudding
• Hot chocolate
• Cold chocolate milk
• Ice cream
• Cheese
• Cheese soup
• White sauce
• Rice pudding
• Corn pudding

Everyone needs milk.

Your family needs this much milk every day.

Children,
1 to 12 years old 3 glasses
Young people,
13 to 20 years old 4 glasses
Adults,
more than 20 years old 2 glasses
Mothers-to-be 3 or more glasses
Nursing mothers 4 or more glasses

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For more information, call your county Extension office. Look in your telephone directory under your county’s name to find the number.

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ECP, 2.5M, Revised July 2001, EFNEP-156