

# Cold Milk Fact Sheet



## 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.

## 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!

