



# Milk Facts...Did You Know?

- If milk is stored between 38-40°F, it should last past the “sell-by” date approximately 5 to 7 days.
- The Dietary Guidelines recommends adults consume 3 servings of dairy products (1 cup milk, 1½ ounces of natural cheese, or 2 ounces of processed cheese) each day.
- Organic milk has the same nutrients as regular milk.
- You can freeze milk and it will be safe and wholesome, but will not taste as good as fresh milk.
- One cup of milk provides approximately 33% of your daily calcium requirement.



## Overnight Oatmeal (4 servings)

*This no cook recipe is great for busy families.  
Kids can get their own balanced breakfast.*

### Ingredients

- 2 cups vanilla low-fat or non-fat yogurt
- 2 cups low-fat or non-fat milk
- 4 cups rolled oats (or 2 cups steel-cut oats)
- 2 cups strawberries sliced

### Directions

1. Combine ingredients into a large bowl and mix thoroughly.
2. Divide mixture evenly between four containers.
3. Cover and refrigerate overnight.

The oats will absorb the moisture in the yogurt and milk, softening for a pudding-like consistency.

Use whatever yogurt and fruit you have on hand. Adjust the amount of milk, oats, and fruit to please your family.

Each serving contains 300mg of calcium.

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