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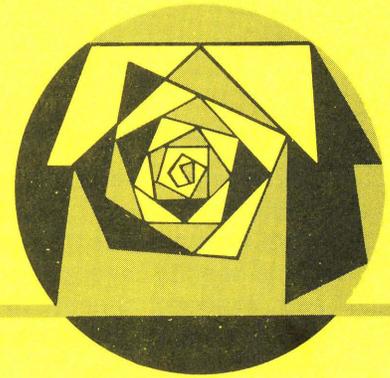
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Milk Products - Expanded Nutrition & Family Programs  
Michigan State University  
Cooperative Extension Service  
September 1976  
6 pages

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# Expanded Nutrition & Family Programs



## Milk Products

(A/V)

### THE BIG IDEA (Your Goal)

When I (the aide) have taught this lesson, the homemaker will be able to:

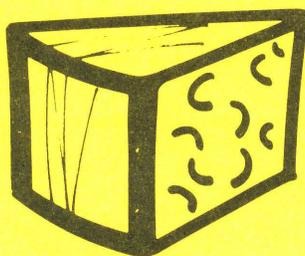
1. **Recognize** milk products that provide some of the same nutrition that milk does.
2. **Learn** that some milk products provide more nutrition for the money than others do.
3. **Select** cheese to meet her needs.
4. **Find** ways to cut cheese costs.

### FACTS BEHIND THE BIG IDEA (For You to Show and Tell the Homemaker)

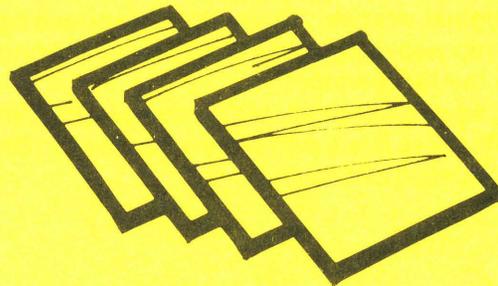
- Ice cream, cheese and other milk products supply some of the milk you need.
- Ice cream is made from cream, milk, fruit or flavors and sugar, with at least 10 percent milkfat, and 20 percent total milk solids. Ice cream can be an expensive source of milk. Three-fourths cup of ice cream may cost three times as much as ½ cup fluid milk.
- Serve cheese with meals or for snacks.
- Cheese concentrates a lot of food value into a small package.
- The protein in cheese is of the same high quality as the protein in meat, fish, and eggs.
- Main dishes made with cheese usually save money.
- Cottage and Ricotta cheeses are lower in calories than most cheeses. They are good for weight watchers.

### WHAT KIND OF CHEESE SHALL I BUY?

- **Cheddar cheese** is a "natural" cheese made from milk. Some are aged to develop their flavor.



- **Pasteurized process cheese** is a soft blend of fresh and aged cheeses. Process cheeses are easy to use in cooked foods because they melt quickly and are easy to slice for snacks.



- **Pasteurized process cheese food** contains less cheese, less fat, and more moisture than process cheese. It also provides less protein, calcium, and other nutrients.



- **Pasteurized process cheese spread** contains less cheese and more water than process cheese food.



EXPANDED NUTRITION & FAMILY PROGRAMS

## CUT CHEESE COSTS

- \$ Buy process cheese. Natural cheeses, particularly those marked "aged" and "sharp," cost more than process cheese.
- \$ Grate or slice cheese at home. Grated cheeses and wrapped cheese slices cost more than equal amounts of the same cheese in large pieces.
- \$ Buy the largest package you can use without waste. Cheeses in large packages and cottage cheese in large cartons cost less per pound.
- \$ Pasteurized process cheese costs more than pasteurized process cheese food and cheese spread. However, it has more flavor and nutrition.
- \$ Learn to make your own cheese spread at home.
- \$ Store cheese properly. Leave cheese in its original wrapper. Cover the cut surface tightly. Wrap well or store in a tightly covered container in the refrigerator.
- \$ Mold on cheese should be **completely** trimmed off unless it is a part of the cheese as in Blue or Roquefort cheese.

## THINGS TO DO BEFORE VISIT

Check newspaper food ads. Visit a local grocery store to find out what kinds of cheese and ice cream are sold. Look at prices. Check homemaker's **Food Recalls** to see if she uses milk products. Find pictures or labels from cheeses. Look in USDA bulletin, H&G No. 112, **Cheese in Family Meals** for ways to use cheese.

## HOW DO YOU KNOW SHE LEARNED?

Can she correctly answer these questions:

- Who in my family should eat milk products?
- Which milk products are the best buys for my family?

Did she ask you a question about milk products? Did she seem to feel that she could do a better job now of shopping for cheese and using it in meals and snacks?

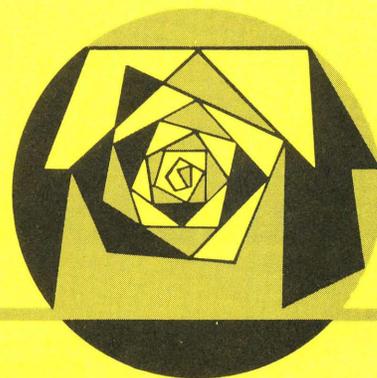
## REFERENCES (Available in Your State)

The Extension Service of the U.S. Department of Agriculture offers its programs to all eligible persons regardless of race, color, or national origin, and is an equal opportunity employer.

Cooperative Extension Work: United States Department of Agriculture and State Land-Grant Universities Cooperating.

Issued September 1977.

# Expanded Nutrition & Family Programs



## Milk Products

(A/V)

(Use this sheet on home visits)

### THE BIG IDEA

Milk products give you protein, calcium, and other nutrients you need. When you buy cheese, you get a lot of nutrition in a small package.

### HOW TO PRESENT THE BIG IDEA

**Discuss** the different kinds of milk products that are available.

**Use** pictures and labels to point out differences in products.

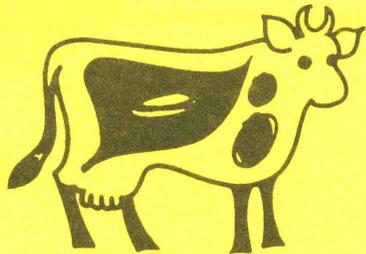
**Compare** the cost of the calcium that you get from milk with other milk products. Use the chart (other side).

**Talk** about ways that milk products can be included in meals.

### HOW DO YOU KNOW SHE LEARNED?

Ask her to jot down or try to remember the ways she uses milk and milk products from now until your next visit. At your next visit ask her if she used more of the foods. Ask how they were used. Did her family enjoy them? What else would she like to know about milk products?

# Questions to Think About . . .



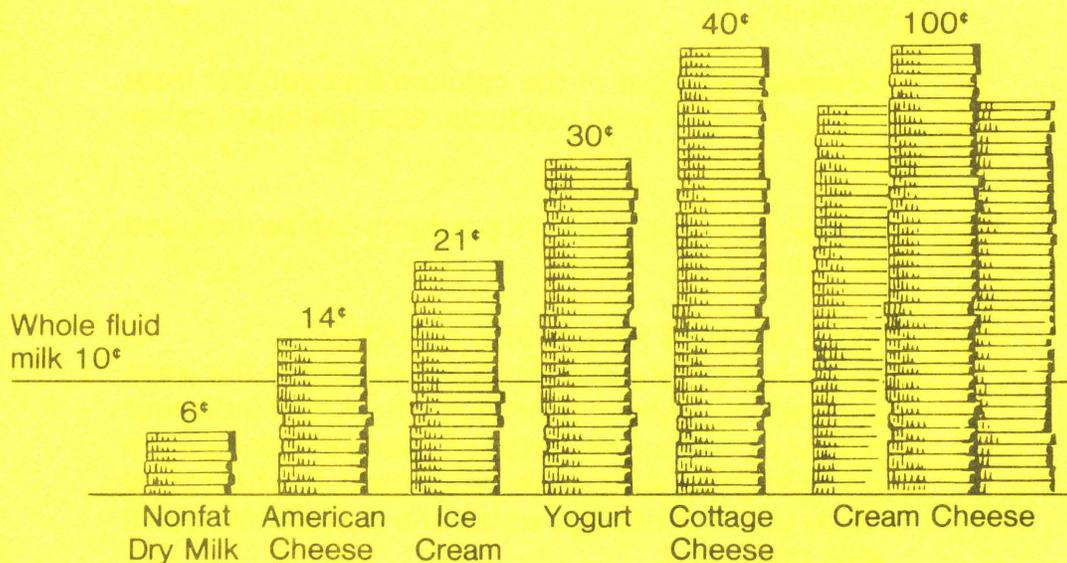
How many different milk products does your family use?

What are the best buys in milk products?

How can you use more milk products in meals or snacks?

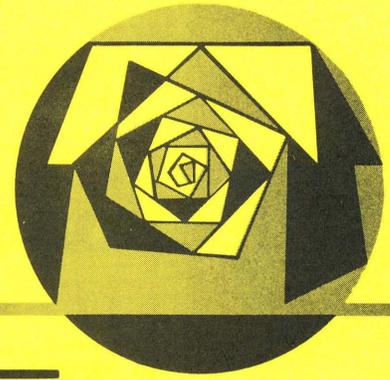
What does calcium cost?

## COMPARE: THE COSTS OF CALCIUM

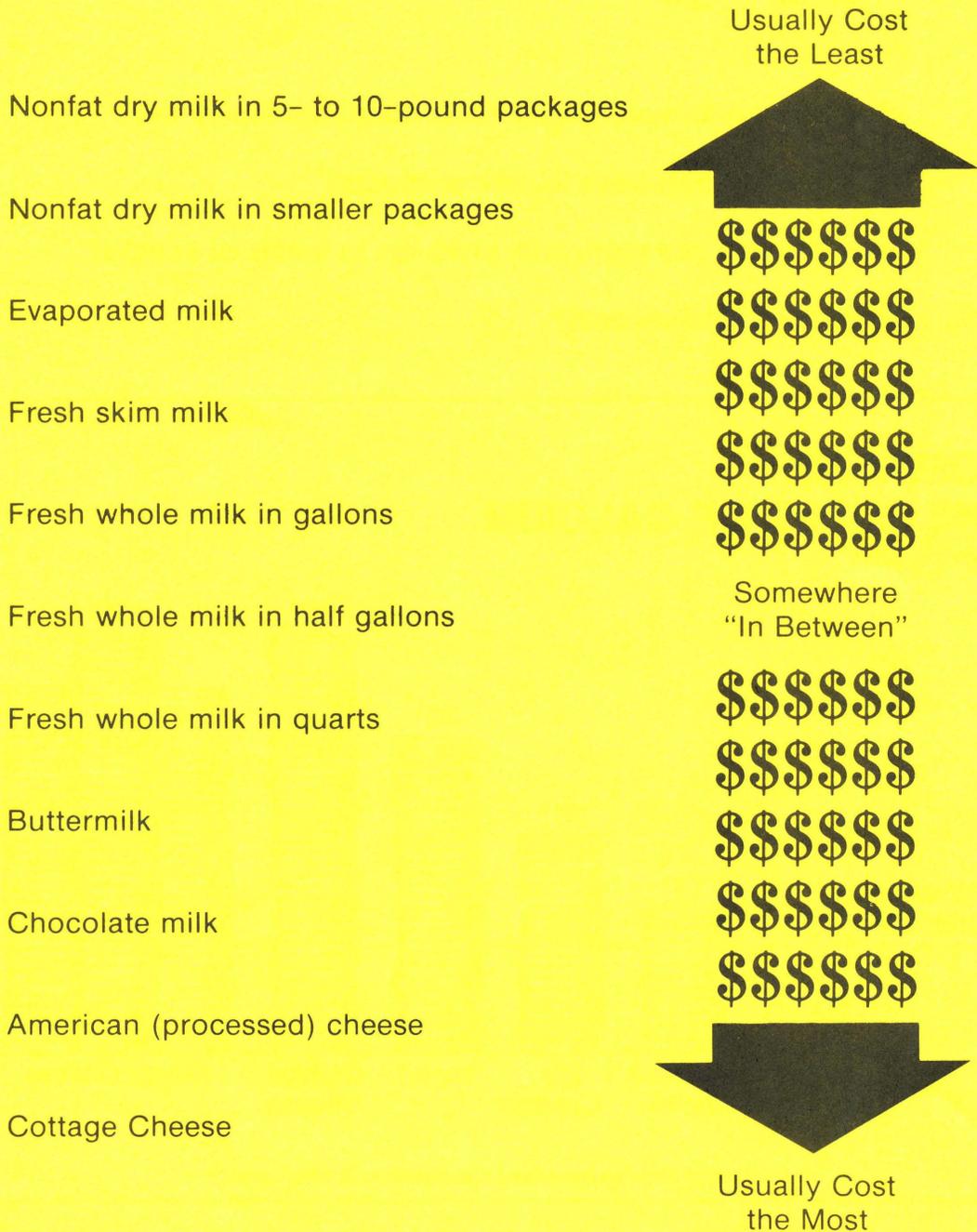


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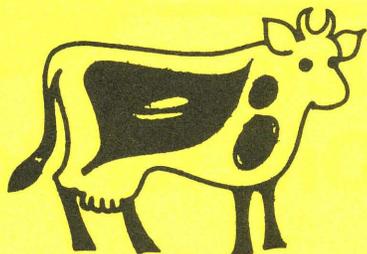


## Shop for Milk Products — Which Is the Right One for You? (H)



### EXPANDED NUTRITION & FAMILY PROGRAMS

# Questions to Think About . . .



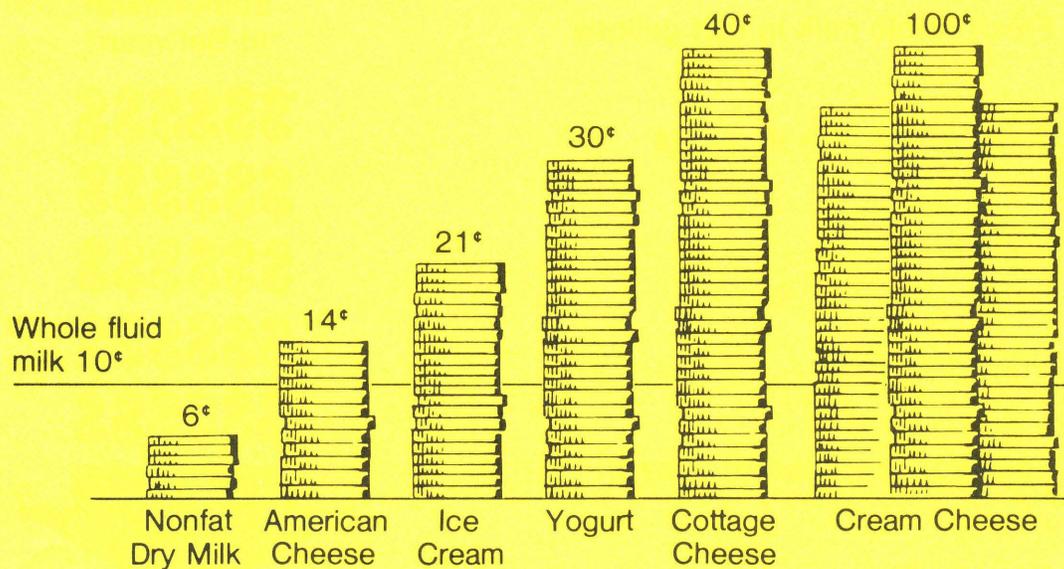
How many different milk products does your family use?

What are the best buys in milk products?

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What does calcium cost?

## COMPARE: THE COSTS OF CALCIUM



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