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Shop Smart Sharpen Your Food –Buying Habits 11 Get More Milk for Your Money
Michigan State University
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Home and Family Series
Anita Dean and Portia Morris, Extension Specialists in Nutrition
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● SHOP SMART



SHARPEN YOUR FOOD-BUYING HABITS

by Anita Dean and Portia Morris

Extension Specialists in Nutrition

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GET MORE
MILK FOR
YOUR MONEY

MAKE USE OF THE DIFFERENT FORMS OF MILK

You can save on your milk bill by buying dry milk and canned milk as well as fresh milk.

Kind of Milk	What You Pay
1 gallon liquid nonfat dry milk (in large economy package)	— about 36 cents a gallon
1 gallon of homogenized whole milk (in gallon container)	— about 97 cents a gallon
Equal parts of liquid dry milk and fresh whole milk mixed	— about 67 cents a gallon

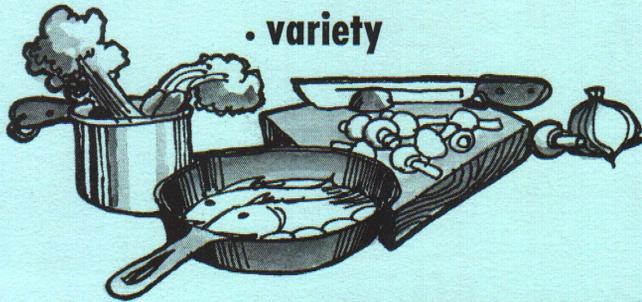
A family of four using 274 gallons of milk each year (91 quarts each month) can spend the following amounts for milk a year.

Kind of Milk	Cost Of Year's Supply
Fresh homogenized milk.....	\$265.78
Liquid nonfat dry milk	98.64
Equal parts of liquid dry milk and fresh whole milk mixed	183.58
Evaporated milk, national brand	240.98
Evaporated milk, store brand	219.00

In cooking, you save 4 cents each time you use a cup of liquid nonfat dry milk in place of fresh whole milk or 2 cents each time you use a cup of milk made from equal parts of liquid dry milk and fresh whole milk.

Nonfat dry milk contains all the minerals, vitamins and protein that whole milk contains except for fat and Vitamins A and D. These may be easily supplied by other foods in the average diet.

BUY MORE • health
• pep
• satisfaction **WITH YOUR FOOD MONEY**
• variety



APPLE-CHEESE DESSERT

6 servings

- 5 cups apple slices (peeled)
- 1 tablespoon lemon juice
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ teaspoon cinnamon
- $\frac{1}{2}$ cup sifted flour
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup margarine
- $\frac{2}{3}$ cup grated cheese

Fill pie pan or shallow baking dish with apples; sprinkle with lemon juice and $\frac{1}{4}$ cup of sugar. Mix cinnamon, flour, salt, and other $\frac{1}{2}$ cup of sugar. Cut in fat until mixture is granular. Stir in cheese. Spread over apples. Bake at 350 degrees until apples are tender — about 40 minutes. Cool before cutting to serve.

RICE PUDDING

6 servings

- 1 cup regular rice
- 1 cup water
- 5 cups milk
- 2 eggs, beaten
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 2 tablespoons butter
- $\frac{1}{3}$ cup raisins
- 1 teaspoon salt

Combine rice and 1 cup boiling water with salt in top of double boiler, or deep saucepan. Bring to a boil and simmer for 15 minutes. Add milk and simmer for 45 minutes. Stir slowly into eggs. Add remaining ingredients. Pour into casserole. Set in pan of hot water and bake in 400 degree oven for 45 minutes. Eggs can be omitted and mixture served without further baking.