

# Strive For 35°

KIDS LOVE COLD MILK

## 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°. Strive for 35°! Milk stays fresh longest at this temperature.

### 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 thermostats
- 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 the 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 air vents on a regular basis

