

MILK

Did you know?

Milk comes from a female mammal. So, we shouldn't say soy milk or almond milk, but rather soy beverage or almond beverage.

Choosing it

Cow's milk can be given to children **9 months and older**. For infants, choose milk with **3.25%** fat content (whole milk). You can give **2%** milk to children once they reach the age of 2, but it is better to keep giving them **3.25%** (or whole) milk until they are **5 years old**, to ensure that their energy needs are met.

Good to know!

Why are there different prices for different kinds of milk? The processing, purification process and packaging affect the milk's price and shelf life. Choose milk based on **how much you use**. If you need to buy milk every week, there's no point in paying more for milk that will keep longer.



Why we like it

Milk is rich in **protein**. It is a great addition to make snacks or meals more **nutritious**. This makes it good for both children and adults.

Tip to reduce waste

Afraid of wasting milk? Buy **powdered milk**. It keeps much longer than liquid milk when it is stored in a cool, dry place. And you can just make the amount you need.



5 ways to use it

- **White sauce** (béchamel) is made with milk and is delicious with pasta, crepes, fish or vegetables.
- Make delicious **puddings** with milk: vanilla, chocolate, maple, tapioca or even rice pudding.
- To make your **soups** creamier, add a cup of milk once the soup is done cooking.
- There's nothing better than a big glass of milk with **dessert!**
- Stuck with dry bread? Soak it in milk and eggs to make **bread pudding**.

Storing it

To keep milk fresher longer, put the milk pitcher or carton back in the **refrigerator** right after use. To protect it from temperature changes, place the milk in the centre of the fridge rather than in the door.