

MILKS & CHEESES

WASTE-REDUCTION SOLUTIONS



- Store milk in coldest part of refrigerator (not in the door) to give it maximum shelf life.
- When milk goes sour, use in place of sour cream or buttermilk in recipes. (Pancakes, quick breads, biscuits, cakes and cookies).
- Milk can also be used to marinate chicken which tenderizes the protein and provides a golden-brown skin when roasted.
- Milk can be used to make cottage cheese. Bring milk to room temperature for about a day until it is really sour, then pour into a pot and heat gently (do not boil) for about 30-45 minutes until you can see the whey separating, then cut chunks and scoop, putting into cheesecloth lined strainer and drain for about two hours or overnight. Add cream, herbs or other ingredients for flavor, then refrigerate.
- Other cheeses can be used if slightly moldy. Just use a clean knife to cut off and discard mold and enjoy the remaining cheese.

**DOWNLOAD
NOW**

USDA offers a free FoodSaver app with details on how to use many other foods to avoid waste.

