



# KIDS LOVE COLD MILK

## Fact Sheet

### 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 thirteen essential nutrients. Calcium helps build and maintain strong bones and teeth while protein helps build and repair muscle tissue.

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

## Here's 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 thermostat**
- 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 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 vents** on a regular basis

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