

Human Resources Center
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Recommended Storage Times For Milk & Milk Products

Name of Food

Ice Cream
Milk
Reconstituted Dry Milk
Evaporated Milk, opened
Process Cheese
Cottage Cheese
Yogurt
Pudding

Use within...

As Soon As Possible
5-7 Days
5 Days
4-5 Days
3 to 4 Weeks
5-7 Days
7-14 Days
1-2 Days



These products may be stored in a cupboard and should be used within the time shown.

Evaporated Milk, unopened
Non-Fat Dry Milk, Packaged

12 Months
Use within a
few months

CORNELL

**Cooperative Extension
of Chemung County**



Helping You Stretch Your Food Dollar

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|-------------------------------------------------------------------------------------|-------------|--------------|
| 1. Ice cream, yogurt, and cottage cheese are included in the milk and cheese group. | True | False |
| 2. Milk will stay fresh about three weeks if it is kept in the refrigerator. | True | False |
| 3. Using non-fat dry milk when you cook is a good way to save money. | True | False |
| 4. Most cheese do not have to be refrigerated. | True | False |
| 5. Calcium is found in many foods not in the milk and cheese group. | True | False |
| 6. Whole milk has more protein and calcium than non-fat dry milk. | True | False |
| 7. Adults should have two servings from the milk and cheese group each day. | True | False |
| 8. Children and teenagers need less of the milk and cheese group than adults. | True | False |
| 9. A serving of milk is one cup. | True | False |
| 10. Milk and cheese are good sources of calcium and protein. | True | False |