

Marva Maid Milk Tip Sheet

Keep milk fresh

At the grocery store, shop for Marva Maid milk and other perishable items just prior to checkout. Always check the expiration date before selecting your milk. And, be sure to bag all refrigerated and frozen products together to help them stay cool for the ride home.

At home, don't store your milk in the refrigerator door, even though it may be more convenient. Place milk on an interior shelf where the temperature is 40° Fahrenheit or below. This will help your Marva Maid milk preserve that great taste you love. And, don't leave milk out on the kitchen counter; return it to the refrigerator immediately after every use.

Make it with milk

Instead of using water in your rice, pasta and soup recipes, substitute Marva Maid milk. Not only does this increase the calcium and other nutrients in your meal, it also increases the flavor.

Kick start your morning

You and your family need a solid breakfast before starting your hectic day. To get more protein, calcium and other nutrients, add Marva Maid milk to your instant oatmeal instead of water for a quick, healthy breakfast.

Snack Attack

Carting the kids to soccer practice, school events and play dates can keep you on the run. Be sure to keep your energy high and your appetite curbed by grabbing Marva Maid single serve milk. You can even treat yourself to Marva Maid's lowfat chocolate milk. It has the same great taste of our regular chocolate milk, but with less fat and fewer calories.

Ideas kids will love!

Spend time with the kids on Saturday morning by making your own signature cereals. Let your little ones decide what cereal they would like to make by placing ingredients in separate bowls. Cut up bananas, strawberries, apples and other fruit. Set out granola, oatmeal and nuts. Try fun toppings like chocolate syrup, caramel and whipped cream. Be sure to come up with creative names and list on a recipe card.

At your child's next sleepover, host a cool "coffeehouse" in your kitchen without the caffeine. Place Marva Maid lowfat milk in the microwave for two to three minutes; not allowing milk to boil. Remove and whisk rapidly until the milk is frothy. Let your "coffeehouse" customers mix in chocolate chips, peanut butter, decaffeinated coffee or tea, whipped cream or any of their favorite ingredients.

#