For best results with milk distributed through the Abundant Food Program:

- Mix or reconstitute nonfat dry milk as it is needed.
- Measure the dry milk into a bowl. Add enough of the measured warm water to make a thick paste. Stir and mash with back of spoon until lump free.
- Add the rest of the water and stir until well mixed.

All purchased nonfat dry milk is instant milk and should be mixed according to the directions on the package.

Everyone needs milk. Milk is a rich source of the calcium, protein, and riboflavin that are needed by everyone throughout life. The amount of milk needed daily varies with age, but people of all ages need some milk every day.

Children 9 to 12 need three or more cups of milk each day; teenagers need four or more cups, adults need two or more cups, pregnant women need three or more cups, and nursing mothers need four or more cups.

Nonfat dry milk is fresh pasteurized milk from which the fat and water have been removed. The protein, calcium and other minerals, and the water-soluble vitamins remain to make you healthier and happier.

Storing nonfat dry milk

Store dry milk in a tightly covered container on the kitchen shelf. A tight cover is necessary so the milk powder will not take up moisture and become lumpy. Correctly stored, it will keep at room temperature for several months. After the milk has been mixed with water, store it in the refrigerator. Save 1/2 cup of milk next time. After used 15 times, buy fresh buttermilk to make the next quart.

Using nonfat dry milk in recipes

The amounts of milk and water to use for a given amount of fluid milk are listed below:

<table>
<thead>
<tr>
<th>Amount of Milk</th>
<th>Nonfat Dry Milk</th>
<th>Water</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 quart</td>
<td>1 cup</td>
<td>4 cups</td>
</tr>
<tr>
<td>1 pint</td>
<td>1/2 cup</td>
<td>2 cups</td>
</tr>
<tr>
<td>1 cup</td>
<td>1/4 cup</td>
<td>1 cup</td>
</tr>
</tbody>
</table>

1/2 cup of milk...2 tablespoons nonfat dry milk, 1/2 cup water
1/4 cup of milk .......... 1 tablespoon nonfat dry milk, 1/4 cup water

When preparing baked products, you may sift milk powder with the dry ingredients and then add water where the recipe calls for milk. Dry milk can also be made into fluid milk and used in any recipe calling for milk. When making gravy and sauces, use the milk powder in with the flour.

If fat is important in the recipe where you use nonfat dry milk, add 2 teaspoons fat per cup of reconstituted nonfat dry milk.

Buttermilk

1/2 cup buttermilk
3 cups warm water
1 cup nonfat dry milk or 1 1/3 cups instant nonfat dry milk

Mix buttermilk, water, and nonfat dry milk in a big clean jar and stir or shake until powder is dissolved. Cover the jar with a lid or cloth. Let stand at warm room temperature until it clabbers, about 10 hours in the winter or 5 hours in the summer. When it clabbers, store in the refrigerator. Save 1/2 cup of milk until next time. After used 15 times, buy fresh buttermilk to make the next quart.

Whipped Topping

1/2 cup ice-cold water
1/2 cup nonfat dry milk
1/2 cup sugar
2 tablespoons lemon juice

Put water into an ice-cold bowl. Add milk and beat with a cold egg beater until stiff. Add sugar slowly while beating. Add lemon juice and beat only until well mixed.

Quick Cream of Potato Soup

1 1/2 cups cubed potatoes
3/4 cup water
1 tablespoon chopped onion
3/4 teaspoon salt
1/2 cup nonfat dry milk
2 cups hot water

Cook potatoes, onion, and salt in the 3/4 cup water until the potatoes are done. Blend the fat, flour, and milk and stir in enough of the 2 cups hot water to make a paste. Add remaining water. Pour some of the hot potato mixture into milk mixture and stir well; add to remaining potato mixture. Cook, stirring constantly until thickened. Serves 4.

Prepared by MARIE TRIBBLE
Foods and Nutrition Specialist, Oregon State University
**Tomato Soup**
3 1/2 cups cooked or canned tomatoes
1/4 cup chopped onion
2 tablespoons margarine or butter


**Fish Chowder**
2 tablespoons shortening
3/4 pound fresh fish
3 cups water
1/4 cup minced onion
2 cups diced potatoes

Cook shortening, 2 1/2 cups water, onion, potatoes, and fish until potatoes are tender. Blend milk, flour, salt, and pepper with remaining 1/2 cup water to make paste. Slowly add some of hot mixture to paste and mix well. Add paste to rest of hot mixture and blend thoroughly. Cook over medium heat until mixture comes to a boil and is thickened. Cook over low heat, stirring constantly, until thickened, stirring constantly. Cover and cook 5 minutes longer. Add corn and cook 10 minutes longer. Stir milk into the egg. Blend slowly into the remaining hot mixture. Cool over hot water for 1 minute. Stir in vanilla and chill. Serves 6.

**Corn Chowder**
2 tablespoons melted margarine or butter
3 1/2 cups milk
1 1/4 cups diced potato
1 1/4 cups soft bread cubes

Lightly brown onion in fat. Add potato and water and cook 10 minutes. Add corn and cook 10 minutes longer. Stir milk into the egg. Blend slowly into the remaining hot mixture. Cool over hot water for 1 minute. Stir in vanilla and chill. Serves 6.

**Vanilla Pudding Mix**
1 1/2 cups sugar
1 1/4 cups flour
2 1/2 cups nonfat dry milk
1 teaspoon salt

Stir the ingredients together until well mixed. Store in tightly covered container in a cool place. Makes enough mix for 24 servings.

**Caramel pudding mix:** add 3/4 cup cocoa and 1/4 cup more sugar to above ingredients before stirring.

**Chocolate pudding mix:** substitute 1 1/2 cups packed brown sugar for granulated sugar.

**Banana Milk**
1 cup water
2 ripe bananas, mashed
1/4 cup nonfat dry milk

Combine part of water with nonfat dry milk to make a smooth paste. Blend in rest of water. Add bananas and blend well. Heat for cocoa or chill for chocolate milk.

**Grape Milk**
2 cups water
1 cup fluid milk
1 cup nonfat dry milk
2 1/4 cups grape juice

Combine part of water with nonfat dry milk to make a smooth paste. Blend in water, grape juice, and milk. Chill. Serves 6.