



Dairy & Eggs

In the last two months, you learned about all the healthy options you could find in the freezer section of the grocery store and how healthy canned foods can be for you. This month we will continue our tour in the store to the dairy aisle.

Everyone has heard that dairy products are a great source of protein and calcium. But dairy products are a good source of other vitamins and minerals as well. Dairy products are good sources of potassium, magnesium, folate, B vitamins (B₁, B₂, B₆, B₁₂), vitamins A, D and Vitamin E.

Many studies have show that consuming dairy products may be helpful in reducing blood pressure, certain cancers ad type 2 diabetes. Plus we need dairy products to maintain healthy, strong bones and reduced risk of osteoporosis.*

Following are some tips on how to purchase milk and dairy products.



Saving Money when Purchasing Milk & Dairy:

- ◇ Stock up on dairy when it is on sale. Milk, butter and most cheeses freeze well and can be stored in the freezer . Milk can be frozen for up to 3 months, Butter lasts 6 months and cheeses can be frozen 3 months. (Soft butter spreads, cream and buttermilk do not freeze well.) So stock up when it is on sale
- ◇ Look for Clearance items. Most dairy products are clearance priced well before their sell by date. Buy dairy on clearance and use immediately or freeze for future use.
- ◇ Use powdered milk or shelf stable (UHT pasteurized) milk for cooking. You cannot tell the difference when cooking.
- ◇ Buy organic. If you do not consume much milk, buy organic milk. Many organic milks are ultra-high pasteurized, so it lasts longer.
- ◇ Buy in bulk. Buy yogurt and cheese in bulk. Buy a block of cheese and shred it yourself. You can freeze the shredded cheese for future use. Also buy plain or unsweetened yogurts in bulk. If you like fruit or flavoring in your yogurt, add your own. Not only will you save money, you can control the amount of sugars that are added to your yogurt.
- ◇ Check the prices at the store before you buy. Sometimes the name brand is cheaper than the store brand.

Purchasing Eggs:

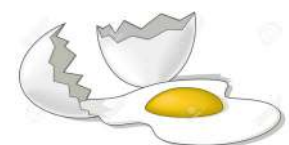
Eggs are an excellent low cost source of protein. One Egg contains 7 g protein! Eggs are also great sources of man vitamins and minerals

Buy extra eggs when they are on sale. Eggs last for 3-5 weeks past their "Sell By" date if they are stored in the refrigerator.

Check to see if any eggs are cracked in the egg container. All the eggs should move freely within their space.

Wash your hands after working with eggs to prevent any possible contamination from Salmonella.

If you have a compromised immune system, it may be advantageous for you to purchase pasteurized eggs. Pasteurizing kills bacteria in the egg without cooking the egg.



*Choose MyPlate.gov www.myplate.gov/dairy

JELLYFISH IN ARMOUR

What about that “Best By or Sell By” Date?

The ‘Best by or Sell By’ date is not about food safety. It is about the quality of the food item.

The Best By date is a date that retailers use to determine when to pull an item off the shelf, as it has exceeded its peak freshness. The milk is still good and can be consumed for up to 7 days past that date.

With milk, it is easy to “use your nose” to determine if your milk is still fresh and drinkable.

If you are worried about your egg’s freshness, carefully place your egg in a container of water. If it floats, it is stale and should be thrown out.



HOW MILK CONTAINERS SHOULD BE

Organic Eggs, Free Range Eggs, Brown Eggs...So many choices!

There are many type of eggs in the daily aisle, so it is easy to become confused. Here is a quick reference on types:

- Organic—Hens are raised without antibiotics or vaccines.
- Free Range—The chickens are raised without cages, and may spend part of their day out doors.
- Cage Free—The chickens are raised without cages. Whether they are allowed outdoors to roam is up to the farm.
- Brown Eggs—Have a brown shell. They are not nutritionally different from a white egg.
- Pasteurized Eggs—Have been pasteurized to kill bacteria in the egg without cooking the egg

Magic Crust Pie

Courtesy of Robyn White vis Just a Pinch Recipes (<https://www.justapinch.com/print/dessert/pie/magic-crust-custard-pie-3.html>)

1/4 cup Margarine

4 Eggs

3/4 cup white sugar

Pinch of Salt

2 cups 2% Milk

2 tsp. Vanilla

1/2 cup All-purpose Flour



Put all the ingredients in the blender and blend for 30 seconds

Pour into a buttered 9 inch pie pan. Sprinkle with Nutmeg, if desired

Bake at 350 degrees for 45 minutes. Let cool and eat.

The Flour will settle to the bottom and make its own crust.

References: WebMD <https://www.webmd.com/diet/features/6-reasons-to-get-your-diary#1>; Premeditated Leftovers <https://premeditatedleftovers.com/deals-money-saving-tips/how-to-save-money-on-milk-and-d>; USDA Choose MyPlate.gov/dairy;Just a Pinch Recipes (<https://www.justapinch.com/print/dessert/pie/magic-crust-custard-pie-3.html>)