

## Find the Best Dairy Deals!

Find the best dairy deals by following these tips:

- **Milk:** Compare different brands and sizes to get the best price.
- **Cheese:** Block cheese is usually cheaper per ounce than sliced or shredded.
- **Yogurt:** Larger portions such as pints are often cheaper per ounce.



# BUYING DAIRY

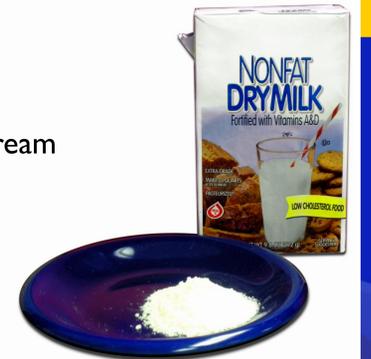
## Make the Right Choice!

## Instant Non-Fat Dry Milk: A Quick Fix

Instant Nonfat Dry Milk is a good, easy option when you run out of fluid milk or refrigeration is not available. It has the same nutritional quality as fluid fat-free milk, and may help reduce wasted milk.

### Tips for Use

- Use when baking or cooking.
- Add to meat loaf, milk drinks, cream soups, and pudding recipes.
- Add to skim milk to increase mouthfeel, calcium and protein without adding fat.



## Choosing Brand Options

Store brands may cost less than national brands, but the label may be the only difference. Remember to compare the unit price.



## Using Unit Pricing

Different brands, different sizes, different prices... Which deal is the best?

Look at the **unit price!** The unit price tells you the cost per ounce, pound or other unit of weight or volume of a food package. It is usually posted on the shelf tag next to the total price.

Buy the lowest unit price when possible. Sometimes the entire package may be more expensive, but the cost per serving is lower.



## Milk Cartons: Size Matters

Usually, the unit price for a gallon is cheaper than a half gallon. BUT, the actual cost depends on how much you drink!

For example, a half gallon might be less expensive if you only drink a half gallon before the milk spoils.

