

## Commodity Instant Nonfat Dry Milk – Teacher Guide

**Objective:** To teach how to prepare and creatively use commodity instant nonfat dry milk (NFDM) in recipes.

**Icebreaker:** Ask participants: *“When was the last time you used instant nonfat dry milk to make milk for drinking or to use for cooking?” “Why do/don’t you use nonfat dry milk?”*

Read the nonfat dry milk (NFDM) questions to your participants. But first share with participants: *“I am going to read to you several questions concerning NFDM. Just listen to the questions and don’t shout out the answers. If you do not know the answers that’s OK because it will be fun and interesting to learn the answers in today’s lesson. At the end of today’s lesson, we will review the questions one more time to make sure everyone has learned the answers.”*

### *Instant Nonfat Dry Milk Questions*

**T or F** 1. *Instant* nonfat dry milk dissolves easily in water.

**True** *Instant nonfat dry milk does dissolve easily in water. Non-instant nonfat dry milk does not dissolve easily.*

**T or F** 2. Nonfat dry milk is not a good source of calcium.

**False** *Nonfat dry milk is an excellent source of calcium.*

**T or F** 3. Health professionals recommend children under 2 years of age drink whole or 2% milk instead of nonfat milk.

**True** *It is recommended that children under the age of 2 drink whole or 2% milk. The fat from milk, which is a large part of their daily diet, is needed for their bodies, especially the brain, to develop normally.*

**T or F** 4. Once instant nonfat dry milk is mixed with water it needs to be refrigerated, just like fresh milk..

**True** *Instant nonfat dry milk mixed with water (reconstituted milk) needs to be refrigerated, just like fresh milk.*

**T or F** 5. Nonfat dry milk can only be used to make milk.

**False** *There are many uses for nonfat dry milk when cooking. Add nonfat dry milk to soups, mashed potatoes, cooked cereals, puddings, milk drinks, etc.*

### **What is Instant Nonfat Dry Milk?**

Share with participants: *“Instant nonfat dry milk powder is made by removing the water from regular pasteurized fat free milk. The word “instant” on the box of dry milk means it will dissolve easily in water. Combining the water and milk powder together is called “reconstitution”. Reconstituted milk can be used just like regular milk for drinking or as an ingredient in recipes.”*

### **MIXING INSTANT NONFAT DRY MILK**

Use clean drinking water to mix with dry milk.

1 cup milk = 1/3 cup dry milk powder + 1 cup water

1 quart (4 cups) milk = 1 1/3 cups dry milk powder + 4 cups water

Share with participants: *“Once dry milk has been mixed with water it must be handled like fresh milk by refrigerating it. It should be used within 3 to 5 days.”*

### **How to Handle Commodity Instant Nonfat Dry Milk:**

- Store nonfat dry milk on a shelf in a cool, dry place. For best quality, use within 1 1/2 to 2 years.
- Store opened nonfat dry milk in a tightly covered container.
- After mixing milk with water (*reconstituting*), cover the milk and store in refrigerator. Use within 3 to 5 days.

Share with participants: *“Nonfat dry milk mixed with water or as a dry mix has many uses in cooking. Can you give me some examples of how you might use the nonfat dry milk for cooking?”*

### **Uses & Tips**

- Use reconstituted nonfat dry milk in place of fresh milk for beverages and for cooking.
- Use in recipes such as breads, cakes, soups, gravies, sauces, mashed potatoes, and custards.
- Add nonfat dry milk powder to meat loaf, milk drinks, cream soups, and pudding recipes to increase calcium, protein and vitamin A content.

### ***More Tips for Using Instant Nonfat Dry Milk (NFDM)***

- |                        |   |   |
|------------------------|---|---|
| <b>Baking</b>          | - | Add 2 Tablespoons NFDM for each cup of flour.               |
| <b>Cooked cereals</b>  | - | Add 2 Tablespoons NFDM for each 1/2 cup of dry cereal.      |
| <b>Milkshakes</b>      | - | Add 1 to 2 Tablespoons NFDM.                                |
| <b>Coffee or tea</b>   | - | Use NFDM in place of non-dairy coffee creamer.              |
| <b>Canned soups</b>    | - | Add 1/2 cup NFDM + 10 3/4-oz. canned soup + 1 can of water. |
| <b>Mashed potatoes</b> | - | Add 1/4 cup NFDM for each serving of mashed potatoes.       |

**Activity Suggestions:**

- 1 Discuss different ways instant nonfat dry milk can be used in meals. Encourage participants to exchange recipes and cooking ideas.
- 2 Demonstrate making a snack with nonfat dry milk. See enclosed recipe handout.



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