



Two cups of milk for every child, every day

GOOD MILK, BETTER HEALTH

- COOK IT
- COOL IT
- COVER IT

MoreMilk: making the most of milk

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BEST WAYS TO KEEP YOUR MILK AT HOME

1. **COOK IT**—Boiling milk makes it safe for drinking. Cook milk until it boils and keep it boiling for few minutes.
2. **COOL IT**—If milk is not drunk immediately after boiling, cool it as fast as possible. Store the milk in a cool and clean place inside the house, away from the sun.
3. **COVER IT**—After cooling, always store your milk in a container covered with a lid, so that germs and dirt don't enter.