

# Best Buys in Milk and Alternatives



- ◆ Drink skim, 1% or 2% milk.
- ◆ Select lower fat milk alternatives.

## Milk

Save by buying...

- ✓ milk in bags or recyclable plastic jugs. It is cheaper than milk in cardboard boxes.
- ✓ skim milk powder. It is cheaper than fluid milk.

**Tip!** Use lower fat milk or evaporated milk instead of cream to make recipes more nutritious, lower in fat, and less expensive.

## Cheese

Save by buying...

- ✓ “no name” or store-wrapped cheese.
- ✓ mild and medium cheese. They are cheaper than old cheese.
- ✓ a block of cheese and slicing or grating it yourself.

**Tip!** Buy blocks of cheese when on sale and freeze. Thawed cheese will crumble, but it is just as nutritious.

## Yogurt

Save by buying...

- ✓ yogurt in large containers. They are cheaper than single-serving size.
- ✓ “no name” or store brand yogurt.

**Tip!** Plain yogurt is the best choice. Add your own flavourings. To cut down on the amount of added fat in recipes, use lower fat yogurt instead of sour cream.

## Other Sources of Calcium

For variety try...

- ✓ tofu, soy and rice beverage that have been fortified with calcium and vitamin D. Use them in place of milk in any recipe.

**Food Safety Tip!** Check the “best before” date on all dairy products.