

# Shelf Stable Milk

A NEW  
PANTRY  
STAPLE

A desire to reduce food waste and increase sustainability alongside a growing need for convenience has led to an interest in shelf stable milk. Sometimes called pantry milk, shelf stable milk has all the health benefits of chilled milk but can be stored without refrigeration. Simpler storage can mean less spoiled milk, fewer trips to the grocery store, and an easier way to add nutrition to school lunch boxes.

	Shelf Stable Milk	Chilled Milk
Fresh from local dairy farms	✓	✓
Contains protein & essential amino acids	✓	✓
Contains calcium, vitamin D, & other nutrients	✓	✓
Builds strong bones & muscles	✓	✓

## Tips

- Like chilled milk, shelf stable milk can be refrigerated or frozen and thawed if you prefer to drink cold milk or need to extend the shelf-life. Freezing and thawing milk may affect its flavor or texture.
- Shelf stable milk can be used in place of chilled milk in any recipe, including the Marvelous Mac and Cheese and White Chocolate Mocha recipes on the back of this page.
- Shelf stable milk has a slightly richer and creamier taste than chilled milk due to the higher temperatures used to process it.
- Cream, coffee creamer, and evaporated milk are other shelf stable dairy products available on the market.

## Frequently Asked Questions

### 1 What is shelf stable milk?

Fresh milk that is pasteurized at an ultra-high temperature (280-300 °F) and packaged into sterile containers so it can be stored without refrigeration. Pasteurization involves quickly heating the milk, holding it for a few seconds, and then rapidly cooling it. No additives or preservatives are added to shelf stable milk.

### 2 How long does shelf stable milk last?

Unopened containers of shelf stable milk can be stored for months without refrigeration, until the shelf-life indicated on each container. As long as it remains unopened, shelf stable milk can be moved in and out of the refrigerator throughout its shelf-life. **After opening, shelf stable milk should be kept refrigerated and consumed within 5-7 days.**

### 3 Where can I find shelf stable milk?

Shelf stable milk is available in recyclable 8 oz. single-serve or quart-size boxes in the breakfast aisle or near the dairy section of the grocery store.

### 4 Is the nutrition of shelf stable milk the same as regular milk?

Yes! Shelf stable milk is just as nutritious as chilled milk.

Looking for more information? Visit us at:  
[WWW.STLDAIRYCOUNCIL.ORG](http://WWW.STLDAIRYCOUNCIL.ORG)



# Recipes

USING  
SHELF  
STABLE  
MILK

## Marvelous Mac & Cheese

### Ingredients

- 2 cups uncooked elbow macaroni
- 2 cups shelf stable milk
- 1 Tbsp. butter
- 3 Tbsp. all-purpose flour
- 1 tsp. salt
- 1 tsp. dry mustard
- 8 oz. shredded sharp cheddar cheese
- 2 oz. shredded sharp cheddar cheese (optional topping)

### Directions

- 1 Preheat the oven to 375 °F. Cook the macaroni according to the package directions and drain.
- 2 In the same saucepan, heat the milk and butter over medium heat until the butter is melted.
- 3 Gradually whisk in the flour, salt, and dry mustard. Simmer for 1 minute, whisking occasionally. Make sure the sauce has thickened and has a creamy consistency before removing from the heat.
- 4 Remove from the heat, stir in 8 oz. of cheese, and mix until melted. Add the macaroni and toss with the cheese sauce.
- 5 Transfer to an 8- or 9-inch square baking dish. Top with additional cheese if desired. Bake uncovered until hot and bubbly, about 20 minutes. Let stand for 5 minutes before serving.



## White Chocolate Mocha

### Ingredients

- 1 cup shelf stable milk
- 3 Tbsp. white chocolate chips
- 1 cup brewed coffee
- 1 tsp. sugar (optional)
- 2 Tbsp. whipped cream for garnish
- A dash of ground nutmeg for garnish

### Directions

- 1 Whisk together the milk and chocolate chips in a heavy bottom pan over medium-low heat until the chocolate has been incorporated and the sauce is smooth.
- 2 Pour the coffee into a mug and top with the white chocolate sauce. Stir in sugar if desired.
- 3 Top with whipped cream and a dusting of nutmeg.