

# Fresh & Safe: Your Guide to Storing Dairy

Content courtesy of MilkPEP.



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Dairy products like milk, cheese, and yogurt are nutritious staples in our households, but they can spoil quickly if not stored properly. Safe storage helps prevent foodborne illnesses, reduces waste, and keeps your dairy tasting fresh and delicious.

This handout will give you simple, practical tips to make sure your dairy stays safe from the store to your fridge to your plate!



## Safe Shopping Tips

**Check dates:** Always look for "Sell By" or "Use By" dates.

**Buy cold last:** Select dairy items just before checkout.

**Use a cooler bag:** When grocery shopping in warm weather or if traveling far.

## Safe Storage

**Keep it Cold:** Store all dairy at or below 40°F (4°C).

**Store Promptly:** Store dairy items immediately after use or purchase. Don't leave them out for more than 2 hours.

**Use Original Packaging:** Keep dairy in package until you're ready to use it. This helps keep it fresh and avoids bacteria.

## Safe Handling at Home

**Wash hands & surfaces:** before and after handling dairy.

**Don't cross-contaminate:** Keep dairy away from raw meats or unwashed produce.

**Don't mix old and new:** Avoid mixing fresh dairy with older batches—this can spread spoilage and shorten shelf life.