

UHT Milk is Great for Emergencies, Packed Lunches

NEWARK, Del. — The next time you're down to the last two drops in the milk carton, you may wish you had stocked your cupboard with the new UHT (ultra high temperature) milk. It is fresh, fluid, Grade A milk that is specially processed and packaged so that it doesn't need refrigeration.

A foil-lined, paperboard carton of UHT milk can sit on the shelf for up to three months, or until it is opened, says University of Delaware Extension Home Economist Sally Foulke. Once the carton is opened, any leftover milk must be refrigerated, she says. But it will stay fresh in the refrigerator longer than regular milk.

The process that makes this possible is a very quick heat treatment. Milk is heated to about

280 degrees F for a few seconds, then quickly cooled to 70 degrees F and immediately packaged in sterile containers. This high-heat pasteurization does not affect the safety or nutritive value of the milk, Foulke says. However, it does affect taste and appearance slightly. UHT milk tastes richer and appears whiter than ordinary milk. It can be used exactly as you would use regular milk, either as a beverage or in cooking and baking.

Although UHT milk has been available in Europe for 15 years, the packaging wasn't approved for use in this country until 1981. Only within the last year have food stores in the U.S. begun to carry the product. It is available in quarts and half-pints in a variety of flavors. It is available in quarts

and half-pints in a variety of flavors. The options include whole or low-fat white milk, plus lowfat milk in banana, chocolate, strawberry, vanilla, and fruit

punch flavors.

Foulke says UHT milk is handy to keep on the shelf for occasions when you have run out of ordinary milk, or when refrigeration is not

Clever Clovers

Pauline Kuusela, a Finish Exchange student, gave a presentation on Finland at the Clever Clovers February meeting. Christine Blackwell discussed computer learning aids with the group. They are preparing their

presentations for the County Contest on March 16. Arts & Crafts members will take part in a tin-piercing workshop Feb. 28 at the Joseph home in Sergeantsville. Their next business meeting will be held at Delaware Township School on March 12.

available. The half-pint containers, which come complete with a straw, are convenient for school lunches, camping, backpacking, traveling or boating.

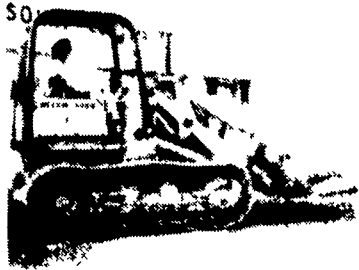
Clover Fun Gang

Members of the Clover Fun Gang discussed plans for a trip to the Weller Institute at their February meeting. The group made model Hot Air Balloons which will be placed in their club's Window Display. Heart cookies and juice were served following the meeting. The club visited the Weller Institute on Feb. 20. The next meeting will be held on March 6.

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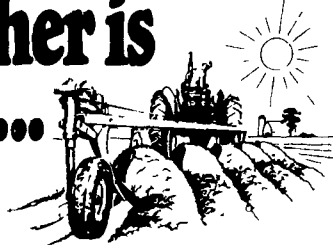
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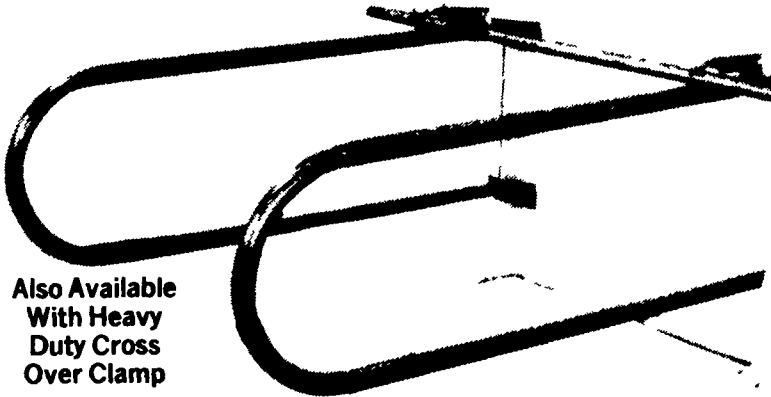
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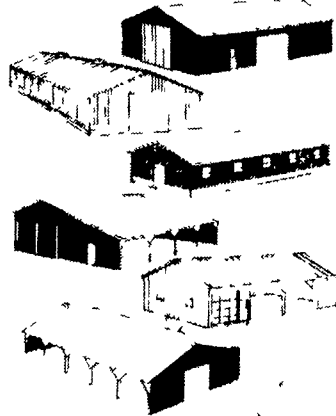
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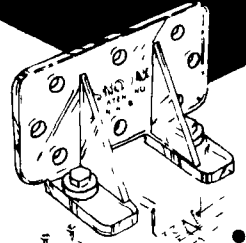
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