

## Cow's Milk

1. Must conform to FDA standards of identity at 21 CFR Part 131.110, 21 CFR Part 131.112, 21 CFR Part 131.130 or 21 CFR Part 131.147)
2. Pasteurized, unflavored fluid whole milk, which contains 400 International Units of vitamin D per quart. Gallon containers only. All brands are allowed. (store brands are recommended)
3. Pasteurized, unflavored fluid skim or low fat milk (1/2 %, 1%) or reduced fat milk (2%), which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid quart. Gallon containers only. All brands are allowed. (store brands are recommended)
4. Pasteurized cultured buttermilk, which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per fluid quart. Quart containers only.
5. Skim, fat-free or nonfat dry milk (< 0.5 gm milk fat per 1 cup), which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per reconstituted quart. Eight quart boxes store brand only.
6. Evaporated whole milk, which contains 400 International Units of vitamin D per reconstituted quart. Twelve oz cans store brand only.
7. Evaporated skim, fat-free or nonfat (< 0.5 gm milk fat per 1 cup) milk, which contains 400 International Units of vitamin D and 2000 International Units of vitamin A per reconstituted quart. Twelve oz cans store brand only.
8. No organic milk.
9. No milk in glass bottles.
10. No extra skim milk.