

The “Milk-It and Real Foods Club” GUIDELINES

- 1) No drives to the farm are required. You are hiring a driver to pick up your milk for you.
- 2) All orders will be assumed to be the same from month to month. If you need to change your order, **YOU MUST DO SO BY E-MAIL AT LEAST 10 DAYS PRIOR TO THE NEXT SCHEDULED DELIVERY!** The Milk-It and Real foods club e-mail address is: milk-it@immunitrition.com (“Milk & Real Foods Order” must be written in the subject line of your e-mail.) All correspondence will be done by e-mail in order to keep administration costs to a minimum, which will serve to keep the cost of milk down as well. If you do not get a response from us within 48 hours, please e-mail again.
- 3) Due to our current shipping arrangements, we will be receiving a milk/food delivery once a month. Therefore, we have elected to have all the milk brought to us in ½ gallons to give you the option of keeping one container out to consume while freezing the others for future consumption. All meats are frozen and all other foods are fresh (eggs, cheese, etc.)
- 4) Milk and foods will be available for pick-up on your designated pickup days, which will be assigned to you when you become a member. All milk/foods not picked up within 72 hours after it is delivered will be frozen to ensure freshness and flexibility of pickup times. If, for any reason, you are not able to pick up your order, please e-mail us as soon as possible.
- 5) AFTER we receive your signed application, we will notify you via e-mail of the DATE and the LOCATION of your first milk and real foods delivery/pickup.
- 6) *Remember, this club depends on your cooperation, flexibility, patience and the enthusiasm for the process!*

CLUB SUGGESTIONS

- Please join and support the **Weston A. Price Foundation** to keep yourself updated with information on raw milk and to support their campaign for educating the public about the benefits of REAL MILK! You will find a membership application in your milk club membership packet or you can visit www.realmilk.com or www.westonaprice.org for more information.
- When changing from pasteurized/homogenized milk to raw, fresh milk, consider mixing the two (½ and ½) for a week or so to gradually introduce the new taste to your family.
- Frozen milk takes a full 48 hours to thaw **in the refrigerator**. Always completely thaw and shake well to mix the cream with the milk before serving.
- Milk can be frozen in its original plastic container “as is” or you may wish to pour it into a glass bottle with a tight seal to freeze (a mason jar works great), but remember to leave room for expansion. Milk will safely freeze for four to six months!
- See recipes to make milk kefir, yogurt, and butter and also see recipes for naturally soured milk. Soured milk is completely safe to use and your pets will love it too!