

The “Milk-It and Real Foods Club” GUIDELINES

- 1) This is a private buying club. No drives to the farm are required. You are hiring a driver to bring nutrient-dense foods to your area.
- 2) All orders will be placed weekly online by all club members each Tuesday before noon for the coming Saturday's delivery. If you miss the order deadline, you will have to wait for the following week's delivery.
- 3) 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.
- 4) Due to our current shipping arrangements, we will be receiving a milk/food delivery once per week - alternating farms each week. All meats are frozen, but all other foods are fresh (eggs, cheese, etc.)
- 5) Milk and foods will be available for pick-up on your designated pickup days, which will be outlined in a weekly e-mail notice. All milk/foods must be picked up within the one-hour time-frame at each delivery site. If for any reason, you are not able to pick up your order, please ask a friend or family member to do it for you. Otherwise, your food will go back to the farm.
- 6) AFTER we receive your signed application, we will notify you via e-mail of the DATE, TIME, and LOCATION of your first milk and real foods delivery/pickup.
- 7) ***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 a plastic container, 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!