

Research Rundown

Article:

Alternative Breakfast Models: Milk Service Practices in School Nutrition Programs

What did this study examine?

1 Determine commonly used procedures for milk served in locations other than the cafeteria during breakfast service

2 Examine the effectiveness of these practices in maintaining recommended milk temperatures

Key findings:

Common practices include...

Packaging

- Cartons
- Plastic bottles
- Pouches

Transportation

- Soft-side coolers
- Non-insulated containers (e.g. crates/bins, sheet/steam table pans, etc.)
- Hard-side coolers

Restocking

- Yes, milk restocked

Temperature Monitoring

Cooling Method

- Ice packs/sheets
- Loose ice
- Cooling wand/paddle
- Checked fewer than two times during time for transport, holding, and service

Milk temperature after four-hour period at room temperature (74 degrees F)...

Soft-side cooler/ice sheet 40.85 ± 1.08

Steam table pan/loose ice 41.72 ± 1.08

Hard-side cooler/no ice 43.05 ± 1.08

Soft-side cooler/no ice 43.20 ± 1.08

Steam table pan/ice sheet 43.65 ± 1.08

Steam table pan/no ice 47.01 ± 1.08

Sheet pan/ice sheet 47.01 ± 1.08

Sheet pan/no ice 49.53 ± 1.08

Milk crate/no ice 48.92 ± 1.08

Put it into practice!

Aim to implement the following best practices for maintaining low temperatures while serving milk in locations other than the cafeteria:

- Pack milk in hard-side or soft-side coolers with ice or ice sheets (when refrigerated units are not available)
- Monitor temperature of unserved milk when it is restocked for future service

Reference:

Alcorn, M., Paez, P., Watkins, T., and Cole, K. (2020). Alternative Breakfast Models: Milk Service Practices in School Nutrition Programs 44(2). https://schoolnutrition.org/uploadedFiles/5_News_and_Publications/4_The_Journal_of_Child_Nutrition_and_Management/Fall_2020/Milk-Service-Practices-Fall2020.pdf



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