

# Raw Milk Safety

This playbook provides guidance on the risks associated with consuming raw milk and outlines measures to reduce potential health risks. It is intended for individuals who choose to consume raw milk and want to do so as safely as possible.

## Step 1: **Understand Risks**

Educate yourself on the potential health risks of consuming raw milk, which includes exposure to harmful bacteria such as *E. coli*, *Listeria*, and *Salmonella*. Understanding these risks is crucial before making an informed decision.

## Step 2: **Source Selection**

Choose raw milk from reputable sources, preferably farms that follow good hygiene practices and have a clear health status for their animals.

## Step 3: **Inspect Farm**

If possible, visit the farm to observe the milking process, the cleanliness of the facility, and the general health of the dairy herd.

## Step 4: **Storage**

Store raw milk at or below 40°F (4°C) immediately after purchasing to inhibit bacterial growth. Ensure that it is tightly sealed and consumed before the expiration date.

## Step 5: **Home Pasteurization**

Consider home pasteurization to reduce bacterial content. Heat the milk to 161°F (72°C) for at least 15 seconds and then cool rapidly.

## Step 6: **Monitoring**

Monitor yourself and others for any signs of illness after consuming raw milk and seek immediate medical attention if any symptoms, such as diarrhea, stomach cramps, or fever, occur.

# **General Notes**

## **Legal Status**

Raw milk sales are subject to legal restrictions that vary by region. Ensure that you are familiar with and follow local regulations related to the purchase and consumption of raw milk.

## **Vulnerable Groups**

Pregnant women, young children, the elderly, and individuals with compromised immune systems should avoid consuming raw milk due to increased susceptibility to milk-borne illnesses.