

## Fat Jars

2 cups whole milk per day for 30 days =  $2 \frac{3}{4}$  cups fat

2 cups 2% milk per day for 30 days =  $1 \frac{2}{3}$  cups fat

2 cups 1% milk per day for 30 days =  $\frac{3}{4}$  cup fat

2 cups skim milk per day for 30 days = 0 cup fat

Quart canning jars can be used, filled with the above amounts of shortening/margarine (or you can use pint jars with the labels and not put the full amount in.

Labels for the jars:

**2 cups whole (red) milk/day/30 days=  
 $2 \frac{3}{4}$  cups fat**

**2 cups 2% (blue) milk/day/30 days=  
 $1 \frac{2}{3}$  cups fat**

**2 cups 1% (green) milk/day/30 days=  
 $\frac{3}{4}$  cup fat**

**2 cups skim (pink) milk/day/30 days  
0 fat**