

## Nutritional Information for Infants

Milk products made from pasteurised or treated milk then cooked or processed (e.g. yoghurt, cheese, custard) can be introduced to children at about 8-9 months of age. Straight pasteurised or treated milk should not be given until 12 months of age.

However, breast feeding is the best for you child.



## Do you require further information?

For further information contact Communicable Diseases at Community and Public Health.

## Other related resources available:

- *E. coli* O157 (VTEC)
- *E. coli* O157 (VTEC) Risks on Farms
- Salmonella
- Campylobacter

### COMMUNITY AND PUBLIC HEALTH

**Christchurch Office**  
310 Manchester Street  
P.O Box 1475  
Christchurch  
Phone: 03 364 7844  
Facsimile: 03 379 6125  
Email: [chic@cdhb.health.nz](mailto:chic@cdhb.health.nz)

**West Coast Office**  
3 Tarapuhi Street  
P.O Box 443  
Greymouth  
Phone: 03 768 1160  
Facsimile: 03 768 1169  
Email: [westcoast.chic@cdhb.health.nz](mailto:westcoast.chic@cdhb.health.nz)

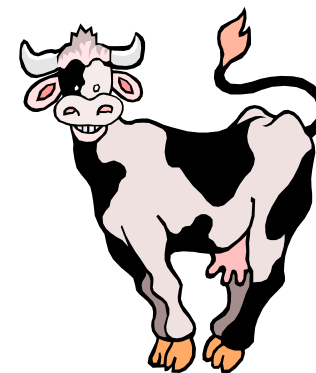
**Ashburton Office**  
Elizabeth Street  
P.O Box 110  
Ashburton  
Phone: 03 307 6902  
Facsimile: 03 307 8081  
Email: [ashburton.chic@cdhb.health.nz](mailto:ashburton.chic@cdhb.health.nz)

**Timaru Office**  
18 Woolcombe Street  
P.O Box 510  
Timaru  
Phone: 03 687 2600  
Facsimile: 03 688 6091  
Email: [timaru.chic@cdhb.health.nz](mailto:timaru.chic@cdhb.health.nz)

[www.cph.co.nz](http://www.cph.co.nz)

**Communicable Diseases  
Community and Public Health**  
(a division of the Canterbury District Health Board)  
October 2011  
Code/Reference: MED0176  
Authorised By: Resource Approval Panel

# Home Treatment of Raw Milk



**Canterbury**  
District Health Board  
Te Poari Hauora o Waitaha

# Why treat raw milk?

Pasteurisation of milk is the safest method of minimising the risk of illness from consuming milk.

The use of pasteurised milk is strongly recommended, however for people such as dairy farmers and workers, and owners of “house cows”, who choose to use raw or unpasteurised milk, we recommend home treatment (or home pasteurisation) of milk before it is consumed.



## The Risks

Milk straight from the cow or vat has a high risk of containing organisms which may cause diseases in humans regardless of how carefully the cow (s) have been milked. This is because disease causing organisms can be found on both the inside and outside of animals (i.e. around teats and udder as well as in teat canal or inside udder).



Young children, and people with ill health are at higher risk of illness from drinking raw milk due to low immunity. These illnesses include Campylobacteriosis, Salmonellosis, Bovine Tuberculosis and Verocytotoxin producing *E coli* (VTEC) - a serious diarrhoeal disease which may lead to kidney failure and occasionally death).

Almost all known pathogens have been isolated in milk at some stage. There is still a risk of suffering illness from home treated milk, although much lower than raw milk. If giving home heat treated milk to visitors you should inform them of the risk and let them make their own decision.

## Home Treatment

If hand milking, thoroughly wash your hands immediately before starting to milk, also wash cows udders and teats.

Milk does not need to be boiled to reduce bacteria numbers. Heating to **72-75°C for 15 seconds** is sufficient to kill disease producing bacteria.

- 1 Heat the milk in a saucepan until just below boiling, stirring regularly to ensure an even temperature. An indication of adequate heating is when a skin forms on the surface or by using a thermometer. Alternatively bring to the boil and remove from the heat immediately.
- 2 Cool quickly by storing in a clean container with a lid, place it in the refrigerator and use within 3-4 days.
- 3 If large quantities of milk are prepared, split into clean containers and freeze for later use.

**Do not use a microwave for home treating milk, as it will not heat the milk evenly unless bought to the boil and stirred.**

All milk (pasteurised or home treated) needs to be stored in the refrigerator, as bacteria which spoil milk, grow at room temperature.

No treatment of milk will protect against later contamination by improper handling.