

## **Frequently Asked Questions**

**Question:** Why does OMFED honey settle down during winter and sugar is separated? Does it mean that sugar is added to honey ?

**Answer:** Pure honey has a number of beneficial chemicals including anti-allergic compounds and useful enzymes. That is why pure honey has medicinal values. Half of the sugar content in honey is in the form of fructose. Fructose is beneficial because it is six times sweeter than sugar. This means that if you need one teaspoonful of sugar in a cup of tea, you need  $1/6^{\text{th}}$  of a teaspoonful of fructose. So you consume less sugar. Since fructose is less soluble, during winter this settles down. This happens only with pure honey. If honey is added with sugar syrup or is pre-heated, then it will not have this property. But when honey is heated, it loses its medicinal properties, because the beneficial enzymes are destroyed.

Therefore, when sugar crystals settle down in OMFED honey, you should remember that this is because it is pure

**Question: Why does OMFED honey smell differently in different seasons?**

Answer: Pure and natural honey comes from natural flowers. Depending on the season and availability of flowers, honey acquires the flavour of the flowers. This flavour of honey also contributes to its medicinal properties. If artificial flavours are added, or if honey is diluted with sugar (sucrose) or if honey is heated, then it will have only one flavour. Therefore, natural honey will have different flavours in different seasons. Also natural honey will have different tastes in different seasons. In some seasons, it will have a slightly bitter test.

**Question: What is toned milk and why is OMFED not selling toned milk?**

**Answer:** Most of the toned milk was manufactured by taking natural milk and adding milk powder and water. Toned milk has 3% Fat and total 11.5% milk solids. Unfortunately, in toned milk many of the disease preventing components of natural milk are low. These include immunoglobulins which improves immunity of the body against diseases.

This also does not help the farmers of Orissa, because most of the milk powder is purchased from outside. From 2003 June, we have gradually shifted to natural whole cow milk. The slightly additional fat of 1% in this milk has no negative health impacts. On the other hand cow ghee has beneficial fatty acids, which are unsaturated (like Omega 3 fatty acids). This is more beneficial to the consumers. The farmers of Orissa are also able to sell more milk.

**Question: OMFED ghee does not look solid and often remains like oil. Why?**

Answer: OMFED ghee remains liquid in room temperature in part, because it has more unsaturated fat. The more the percentage of unsaturated fat, the higher will be the melting point. For example hydrogenated fat like Dalda is solid at room temperature, because there is no unsaturated fat in this. Since saturated fat dissolves cholesterol, more cholesterol is absorbed in the body with saturated fat. Therefore, the ghee or oil which has less saturated fat and more unsaturated fat is better. That is why, OMFED ghee is better.

**Question: What is pasteurized milk? Can we pasteurize milk at home?**

**Answer:** The process of pasteurization consists of two steps. One is chilled milk at  $4^{\circ}\text{C}$  is rapidly heated to  $72^{\circ}\text{C}$  in a few seconds and kept at that temperature for 15 seconds. Then the milk temperature is brought down to  $4^{\circ}\text{C}$  in 5 to 10 seconds. This process kills or immobilizes all types of bacteria. Most of the harmful bacteria grow fast in a temperature range of  $30^{\circ}$  to  $50^{\circ}\text{C}$ . A few bacteria also grow at low temperature. The above process results in killing and immobilizing all these types of bacteria. This cannot be done at home because you cannot change the temperature of milk so fast.

**Question: What is the difference between cow milk and buffalo milk?**

**Answer:** Cow milk has less fat. The fat in cow milk also has greater percentage of unsaturated fat. Cow milk also contains carotene, because of which cow ghee is yellowish in colour. Carotene is an anti oxidant and also is converted to Vitamin A in the body. For all these reasons cow milk is superior to buffalo milk.

**Question: What is Whole Cow Milk (W.C.M.), Toned Milk (T.M.) and Double Toned Milk (D.T.M.)?**

**Answer:** Double Toned Milk (DTM) contains 1% fat and 9% other milk solids. To reduce fat, either fat is removed or water is added. When water is added, large quantity of milk powder has also to be added. This makes the milk little unstable and also the milk has a smell of milk powder. Toned Milk (T.M.) has 3% fat. This can be prepared either by removing fat or by adding water and milk powder.

Whole Cow Milk (W.C.M.) marketed by OMFED has 3 to 4% fat and 8 to 9% non fat milk solids. This is standardized with minimum interference in natural milk. The percentage of fat varies depending upon supply and demand of milk. By adopting this procedure, OMFED is able to assure supply of milk in a fluctuating market. At the same time the natural properties of milk, beneficial enzymes and proteins remain intact. The flavour of milk also remains natural.

**Question: What is the advantages of OMFED Milk in comparison to Vendor's loose milk.**

Answer: The advantage of Omfed milk is that Omfed milk is pasteurized and free from active pathogenic bacteria where as Vendor's loose milk is un-pasteurized and may contains different types of pathogenic bacteria. Vender's milk can be easily adulterated by the middle men.

**Question: Why does consumers think that FAT is extracted from OMFED Milk.**

Answer: Consumers think that Fat is extracted from Omfed milk because it does not show Fat globules on the top. This is because of homogenization process applied to all Omfed milk, which breaks down the fat globules. Such process makes both Fat and protein easily digestible. Also fat is distributed equally in all packets.

**Question: Why is there sometimes sedimentation during boiling of milk?**

Answer: At the time of boiling of milk sedimentation may occur if cold chain is not maintained from processing to distribution unit. As a result of this, the acidity of milk may go up causing sedimentation during boiling.

**Question: Why does Milk require refrigeration?**

Answer: Milk requires refrigeration so that the bacteria will not proliferate and spoil the milk.

**Question: Why is powder added to OMFED Milk?**

Answer: Milk powder is added to OMFED milk to maintain its non-fat solids content as per the Prevention of Food Adulteration Act and Rules.

**Question: Why is there shortage and excess of milk in a packet?**

Answer: Milk is packed in polythene pouch by the help of electronic packing machine. All precautions are taken to fill up the quantity as per standard volume. But there is always a factor of variation within the tolerable limit. Besides, the packet length may create an impression of less milk even with proper quantity.

**Question: Is the Poly Pack used by OMFED virgin and food grade?**

**Is it safe?**

Answer: Polythene used for packing milk is of food grade and made out of virgin plastic granules. It is absolutely safe.

**Question: From where does OMFED get such high quantity of milk and meeting the demand of consumers?**

Answer: Omfed is getting its milk from farmers of Orissa. For details of the farmers see other pages in the website.

**Question: How many cows are owned by OMFED?**

Answer: Omfed does not maintain any cow itself. The village farmers maintain cows and supply milk to the Cooperative Society. It is chilled in Bulk Coolers installed in the villages. Insulated tankers collect chilled milk and bring to the processing plants.

**Question: Why does milk get soured?**

Answer: Milk occasionally becomes sour because of increase in acidity. In addition to its own natural acidity, it may further increase due to degradation of lactose, a constituent of milk, to lactic acid by enzymatic action of bacteria.

**Question: What kind of support will be provided by OMFED for setting up a dairy farm?**

Answer: Omfed can provide support for setting of a dairy farm in the form of milk collection two times in a day through out the year. Besides it provides inputs like vaccination, First aid, subsidized cattle feed, mineral mixture, mini kit and root slips for fodder cultivation, Artificial Insemination and training in dairy animal management.

**Question: Why is setting of Dahi at home difficult in winter compared with summer season?**

Answer: In winter, the atmospheric temperature is lower than 30<sup>0</sup> C. Normally beneficial bacteria which convert to curd grow well at 35<sup>0</sup> C – 40<sup>0</sup>C. Therefore, during winter, setting of Dahi at home become difficult.

**Question: Why does milk curdle in summer while boiling?**

Answer: Growth of bacteria is optimum during summer. They liberate enzymes that convert lactose to lactic acid. When acidity increases beyond 2% (lactic acid) the milk curdles when boiled.

**Question: What is the difference between Chenna and Paneer?**

Answer; Chenna is a soft coagulated product having high water content. Paneer is a hard coagulated product and pressed to remove water and bring to a particular shape.

**Question: What is synthetic milk?**

Answer: Synthetic milk is a highly adulterated milk that appears like milk but does not have the food value like milk. Normally it may contain sugar, salt, urea, detergent, vegetable fat, colour and skim-milk powder etc. It is hazardous to take this milk.

**Question: What is the difference between Desi ghee and Vanaspati?**

**Answer:** Desi ghee is ghee made from pure cow or buffalo milk. It has a good aroma if it is prepared from ripened cream or butter. Cow ghee is yellow due to high carotene content and it is soft in normal atmospheric temperature. Vanaspati is hydrogenated vegetable oil and also known as trans-fat. It has now been proved that trans-fats are far more harmful than natural saturated fat like ghee.