What is raw unpasteurised milk?

Raw milk is milk that has not been pasteurised (heat treated) to kill harmful bacteria such as Campylobacter, Listeria and toxin-producing strains of E. coli (STECs).

People most likely to get sick from drinking raw unpasteurised milk

- Pregnant women are more susceptible to getting sick from drinking raw unpasteurised milk, including being infected by Listeria. Getting sick from Listeria during pregnancy can lead to miscarriage.
- Young children and older people are more likely to get sick from drinking raw unpasteurised milk and in severe cases this can lead to death.
- People with weakened immune systems – including those with chronic illnesses, HIV/AIDS, or on certain medications – are also more likely to get sick.

How to reduce your risk of getting sick from raw unpasteurised milk

- Buy your raw milk from a registered supplier – from 1 November 2016 new producers who sell raw unpasteurised milk will need to be registered with MPI.
- Keep your raw milk in the coldest part of the fridge (usually the lower levels are 4 degrees Celsius or less) and throw it out if it’s been left out for 2 or more hours.
- When you want to drink your raw milk, heat it until just boiling (or to 70 degrees Celsius) for one minute before drinking it.
- Drink it by its use-by date. If you are serving raw milk to our most vulnerable, make sure you let them know what the risks are.

Find out more at www.mpi.govt.nz/rawmilk