

Milk from You

CHECK OUT THESE FUN FACTS ABOUT DAIRY!

- To get the same amount of **calcium** in 1 quart of milk, you would have to eat **27 oranges**, **3.5 pounds of peas**, or **50 slices of whole wheat bread**.
- Think cows have **four stomachs**? It's actually **just one**, with **four separate compartments** to help with digestion!
- **George Washington** enjoyed **ice cream** so much that he spent \$200 on it in 1774 – that's more than **\$5,000 today!**
- Did you eat something **spicy**? Milk helps cool your mouth **better than water** because of the protein **casein** – it cleanses your taste buds.

Milk starts with farmers who care about their cows and the land.

- **97% of dairy farms** are owned and operated by **families** like yours!
- **Water is recycled** an average of 3 to 5 times on a dairy farm.
- One gallon of milk is produced with **90% less land** and **65% less water** that it was decades ago.
- Over **1/3** of a cow's food is **grown right on the farm**.
- Most people **live within 100 miles or less** from a local dairy farm.

Farmers focus on cow comfort and health.

- Farmers can **track the health** of their cows with **electronic bracelets**, like a fitness tracker for humans.
- Dairy farmers provide **clean, dry bedding** for their cows and access to **food and water 24 hours a day**.
- **Healthy, comfortable** cows produce **nutritious**, high-quality milk.
- The average cow makes **6-8 gallons of milk each day**.
- Cows eat **grass, corn, hay** and other feed to get a balanced diet.

Milk moooves from the farm to the dairy plant in less than 48 hours.

- Most cows are milked **two to three times a day by machine**. Each milking only takes about **5-7 minutes**.
- Milking equipment **delivers milk directly from the cows** to a refrigerated holding tank.
- Milk goes through strict quality controls to ensure **freshness, purity, and great taste**, and is **never touched** by human hands.
- A gallon of milk **weighs 8.59 pounds**.
- At the plant, milk is **rapidly heated to kill germs** and ensure it is safe to drink through a **process called pasteurization**.

1



From farmers who care....

2



About their animals and land...

3



To milk tested for quality...

4



TO YOU!