



Milk
from cow
to you!

From Farmers Who Care...



Delicious dairy products start with farmers who take care of their cows and land. Dairy cows eat grass, hay, grain and silage (fermented corn.)

About their Animals & Land...



Dairy cows receive visits from animal nutritionists and veterinarians — doctors for animals — to ensure they get proper nutrition in their diets.



Cows are milked at least twice a day by machine. From the cow to you, milk is never touched by human hands.



Milk is pumped into a large storage tank on the farm and cooled to keep it fresh. It is tested to make sure it is safe.

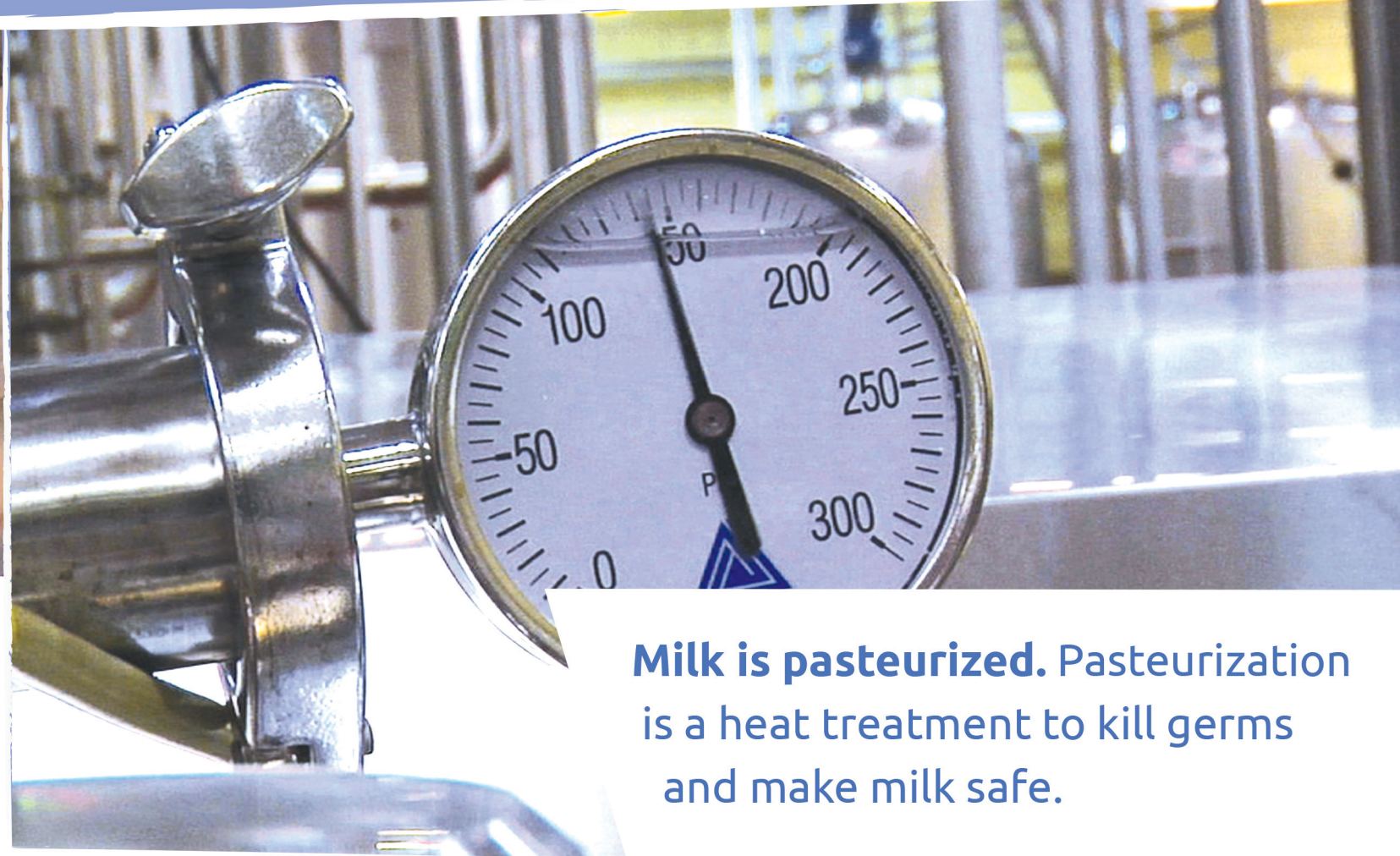
To Milk Tested for Quality...



Cold, fresh milk transfers from the farm to the processing plant every day or two in a cold tanker truck.



Milk must pass many tests again at the processing plant to ensure quality and safety.



Milk is pasteurized. Pasteurization is a heat treatment to kill germs and make milk safe.



The milk is ready to be put into containers, or made into cheese, yogurt and other dairy products.

To You!



Whenever you drink milk, it's good for you. That's because milk helps build strong bones and teeth.



3 Every Day Enjoy three servings every day of low-fat or fat-free milk, cheese or yogurt for a healthy diet.



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So,
Make Mine
Milk!