

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!
- Chocolate ice cream was **inspired by hot chocolate** and invented **50 years before vanilla**.
- Did you eat something **spicy**? Milk helps cool your mouth **better than water** because of the protein **casein** – it cleanses your taste buds.

1



From farmers who care....

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.

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About their animals and land...

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.

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To milk tested for quality...

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 processing plant, milk is **rapidly heated to kill germs** and ensure it is safe to drink through a **process called pasteurization**.

4



TO YOU!

WORD SEARCH

Can you find all of the deliciously dairy words hidden in these puzzles?

T Y O V K L I M S E S
F P H I C Y O U U T U
J A E T A R O S S A O
E S R A L I G C T R I
R T A M C A O L A D T
S U F I I D E E I Y I
E R L N U N O H N H R
Y E E S M D G N A O T
D O W T S E N O B B U
T O N A T U R A L R N
S N I E T O R P E A H
A N I M A L A R E C O

I S W O C P M I L K
R C K Q H E U J V J
E F E H Y O G U R T
T D A C V O P J J C
T C A R R H A Y E R
U O H I M E J H R E
B Z E E R E A M S A
A N K P E Y R M E M
S S A L G S Q I Y L
G R A S S K E X S Y

Animal
Bones
Calcium
Carbohydrate
Dairy
Delicious

Farming
Healthy
Milk
Muscle
Natural
Nutritious

Pasture
Protein
Sustainable
Vitamins
Water

Butter
Cheese
Cows
Cream

Dairy
Farmer
Glass
Grass

Ice Cream
Milk
Yogurt

MAZE

Lead the cow to the milk, cheese and yogurt she helped to create!

