

Milk from YOU to YOU

1



From farmers who care....

2



About their animals and land...

3



To milk tested for quality...

4



TO 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.

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 mooves 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.



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!

