



LEARN MORE ABOUT **ADAI**

American Dairy Association Indiana, Inc. (ADAI) is a not-for-profit organization funded by and serving Indiana dairy farm families.

We strive to promote and educate our state and communities about the importance of dairy farming, sustainable nutrition and youth wellness. Sharing these three areas of focus with the community, health professionals, educators, food service experts, the media and others is beneficial to Indiana's vast and vibrant dairy community.

#WinnersDrinkMilk | @INDairy

FARMING

Dairy farmers in Indiana continue to make animal care, innovation and conservation a priority.

Through the use of safe and innovative technology, dairy farmers deliver exceptional animal care and fresh, nutritious dairy foods.

Dairy farmers work with veterinarians and nutritionists to make sure their cows stay healthy and get a balanced diet.

Many Indiana dairy farmers grow crops to feed their cows and use manure to fertilize their crops. Over the past 30 years, reducing energy, reusing water and recycling manure for fertilizer and energy have become cornerstones of a dairy farm's environment.

Since 2007, dairy farming has reduced its environmental impact

21% less land

30% less water

20% less manure

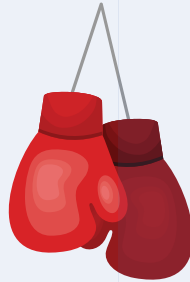


SUSTAINABLE NUTRITION

Kids need **calcium** and **vitamin D** for their growing bones and teeth. Research shows that milk is the number one food source containing these essential nutrients.



Studies show that chocolate milk is the best post exercise drink for athletes, providing the ideal combination of **protein** and **carbohydrates** to maximize recovery and **electrolytes** to restore lost fluids.



Studies show that as part of a healthy diet, dairy foods improve overall diet quality and may contribute to:

Reduced risk for type 2 diabetes



Better bone health

Lower blood pressure



Reduced risk for cardiovascular disease



COMMUNITY INVOLVEMENT



All cow's milk provides the same **13 essential nutrients**. Whether you prefer conventional or organic, whole milk or fat free, all milk is free from antibiotics.

Milk, cheese and yogurt provide **protein power** to meals and snacks, filling in the gaps when consuming lower protein foods like cereals, fruits and vegetables.



Ice Cream Social



Indianapolis Mini Marathon



Indianapolis 500®
tradition of
#WinnersDrinkMilk

Indiana Farmers' Dairy Bar Since 1941®



YOUTH WELLNESS



Studies show that **good nutrition and physical activity** are crucial to student success.

ADAI is here to support school efforts to gain access to healthy foods, modernize dairy nutrition education and supply resources for Indiana's school districts.

Supporting youth wellness in and out of schools is a priority for ADAI. Indiana youth are the consumers of tomorrow. Providing nutrition information, grant funding to increase meal access and dairy consumption and helpful resources to school district stakeholders is one of our greatest opportunities to impact lifelong healthy habits among students.



Scan to Learn More

