

FARM to TABLE



Cows turn plants into milk

Cows have special stomachs with four sections that help them eat plants that humans can't, which they then turn into milk.



Caring for cows and the environment

Healthy cows make the best milk, so dairy farmers work hard to make sure their cows have the right food, clean water, comfortable beds and veterinary care. Dairy farmers also care for the planet by recycling water and cow poop, which is called "manure."



Milking

Cows are milked for about 5-10 minutes, two or three times a day. Milking machines are gentle and cows often line up on their own to have their udders cleaned and milked.



The store and your fridge

It only takes about two days for all this to happen, so milk is still fresh when it gets to you.



Processing and packaging

The processing plant heats up the milk to kill any bad germs, then quickly cools it again. This is called pasteurization. The milk can then make cheese, yogurt, ice cream, butter and all sorts of dairy products.



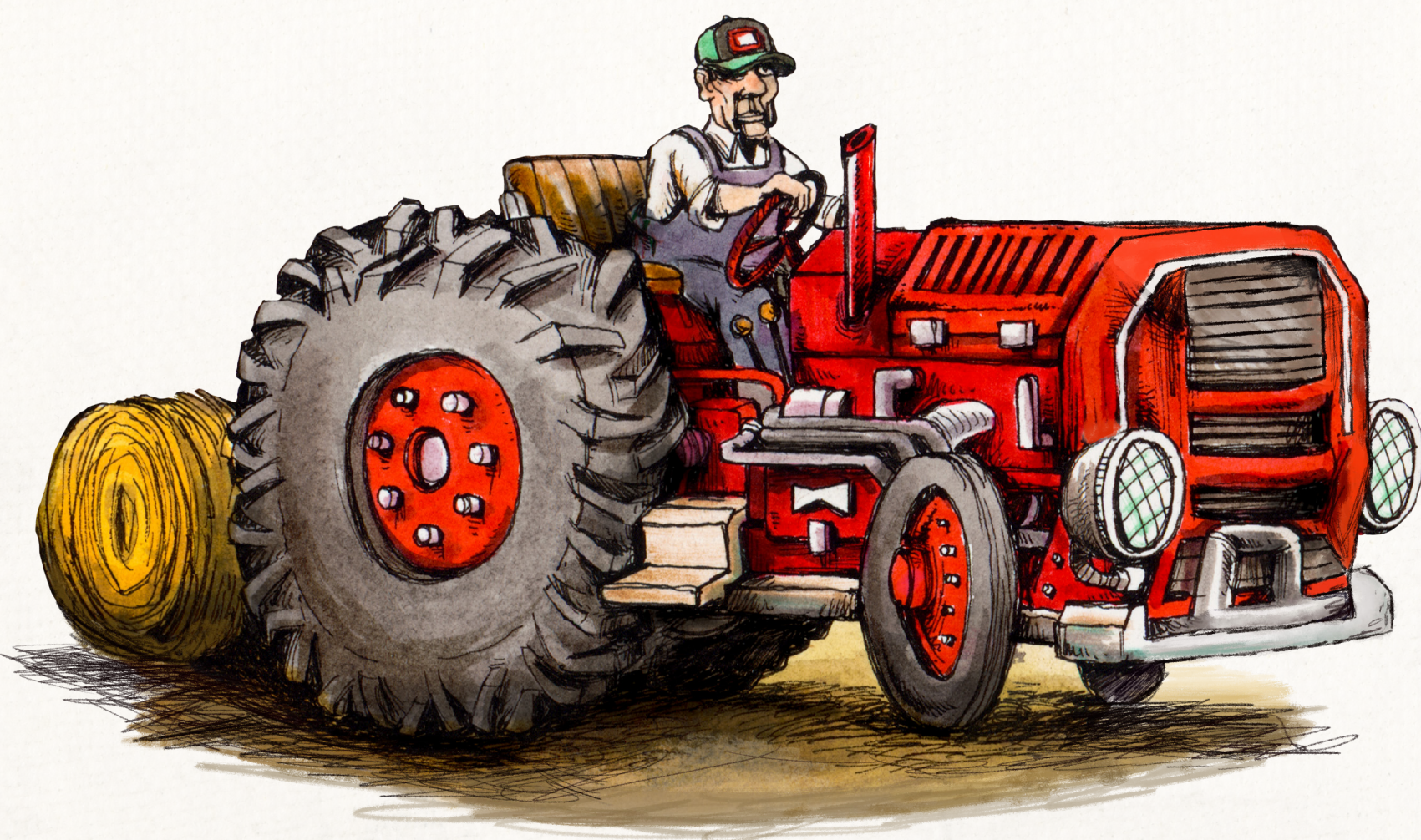
Cooling and transportation

Milk gets cooled in tanks that work like refrigerators. It also gets tested to make sure it's safe. Then it goes into big trucks that are built like coolers. The trucks drive the milk to a processing plant.



Dairy farm heroes

95% of American dairy farms are owned by families like yours. They work hard 365 days a year, making great dairy foods packed with nine essential nutrients, and they care a lot about protecting their animals and the land they'll give to their kids someday. Making a gallon of milk takes 21% less land and 30% less water than it did 10 years ago.



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