Delicious dairy foods start with dairy farmers who take good care of their cows and their land.

Did you know a cow eats 90 pounds of feed and drinks a bathtub full of water each day?

For more dairy fun, click over to dairyspot.com
Dairy cows eat grass, hay and grain, and they have regular check-ups with a veterinarian (a doctor for animals). Healthy, comfortable cows produce nutritious, high-quality milk.

For more dairy fun, click over to dairyspot.com
Cows are milked at least twice a day by an automatic machine that gently and safely removes the milk. The milk is pumped into a storage tank and cooled to keep it fresh and wholesome. For more dairy fun, click over to dairyspot.com.
Milk is pasteurized at the dairy processing plant. Pasteurization heats the milk to make sure it is safe and healthy. Then, milk is put into the plastic containers you get in the grocery store or school, or made into delicious dairy foods like cheese or yogurt.

For more dairy fun, click over to dairyspot.com
Enjoy three servings of milk, cheese or yogurt every day to help build stronger bones and healthier bodies.

Cowfusion – Can you unscramble the letters below to form the dairy words at the bottom of the page?

eeehsc
irady
omo
tgryuo
iklm
clcimua
wco

cow
yogurt
milk
cheese
moo
calcium
dairy

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How does the milk you drink get to you?
From the cow to you, milk is never touched by human hands!
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