Milk is ~17¢ per serving.


**NUTRITION & HEALTH BENEFITS**

Few foods deliver dairy’s powerhouse of nutrients in such an affordable, delicious and readily available way.

- 1 cow produces on average 144 servings of milk per day.
- That’s enough to provide 48 people with 3 daily servings of low-fat milk.
- And this would deliver:
  - 90% DV for calcium
  - 90% DV for vitamin D
  - 30% DV for potassium
  - 48% DV for protein
  + additional nutrients essential for health

**NUTRIENT MANAGEMENT**

Rich in nutrients, cow manure fertilizes the land for growing more crops for people and animals.

- 1 cow produces 17 gallons of manure per day.
- That’s enough fertilizer to grow 56 pounds of corn or 84 pounds of tomatoes.

**VALUE FROM REUSE**

Having four stomachs means cows can recycle food that people can’t eat.

- 75% of a cow’s diet is not consumable by humans.

By-products from the human food and fiber industries (e.g., citrus pulp and cottonseed) are converted to milk rather than sent to landfills.

**TAKING IT FURTHER**

Manure is also becoming a source of additional value. Anaerobic digester systems convert manure and commercial food waste into:

- Electricity
- Fuel for cars and trucks
- Fertilizer and fiber

$200 per cow per year in combined revenues and cost savings