

Dairy from Farm to Fridge

The milk we drink comes from healthy, well-fed cows. A cow will eat grass, hay, corn, soybeans, and drink lots of water!

In fact, a cow producing milk will eat about 100 pounds of food in one day.



Once a cow begins to produce milk, she must be milked at least twice a day, every day. The cow's udder is cleaned and her milk is checked at each milking. Once the milk leaves the cow, it is placed in a storage tank and cooled. Automated milkers ensure that milk never touches human hands.

Did you know that a cow must have a calf before she will produce milk? On average, a heifer will have her first calf when she is about 2 years of age.



Dairy cows are a special type of cattle that produce more milk than the cattle raised for beef only.

An insulated truck picks the milk up every 1 to 2 days for processing and bottling.



Milk is a Nutrient Powerhouse

Calcium
for building and maintaining strong bones and teeth

Vitamin D
promotes absorption of calcium for healthy bones

Phosphorus
works with calcium and vitamin D to help keep bones strong

Riboflavin
helps convert food into energy and plays a vital role in the development of the central nervous system

Vitamin B12
helps build red blood cells and maintain the central nervous system

Potassium
helps regulate fluid balance and maintain normal blood pressure

Vitamin A
important for good vision, healthy skin, and a healthy immune system.

Niacin
helps the body's enzymes function normally by converting nutrients into energy

Protein
essential for building & repairing muscle

Carbohydrates
essential for energy

When the milk arrives at the dairy plant it is tested and pasteurized (heated to kill germs) to make sure it does not contain anything that may make us sick. Most milk is also homogenized so the cream in the milk does not separate. After the milk is bottled or placed in cartons, it is shipped to stores, schools, and restaurants.



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