

in a Michigan dairy plant.

MILK MEANS MORE

## Dairy Foods from Farm to You

Milk is a local food in Michigan. The milk, cheese and yogurt your family enjoys started at a dairy farm and took the journey outlined below.



Dairy farmers' commitment to ensuring high-quality milk begins with providing their cows with good care, nutritious food, clean water and a place to rest.

Michigan is home to over **425,000 dairy cows** that live on approximately **1,500 dairy farms.** 

Cows are milked by milking machines two to three times per day, depending on the farm.



From the dairy farm to you, milk goes through strict quality controls, including pasteurization, to ensure freshness, purity and great taste.



Human hands never touch milk; it travels through sanitized stainlesssteel pipes.



Dairy foods are among the **safest and most tested foods** in the U.S. The milk you buy at the store is **antibiotic free**.

Milk is cooled to at

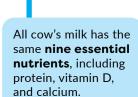
least 45° F within two hours of milking to ensure freshness.

**Pasteurization:**Milk is heated then rapidly cooled to ensure its safety.



Milk is made into cheese, yogurt or other dairy foods, or it is bottled as white or flavored milk.

Refrigerated trucks deliver milk to the grocery store, local schools and other customers within 48 hours of leaving local dairy farms.





You and your family can count on safe, high-quality milk from farm to fridge.



To meet Michigan dairy farm families, get dairy nutrition information and find delicious dairy recipes, visit www.MilkMeansMore.org.