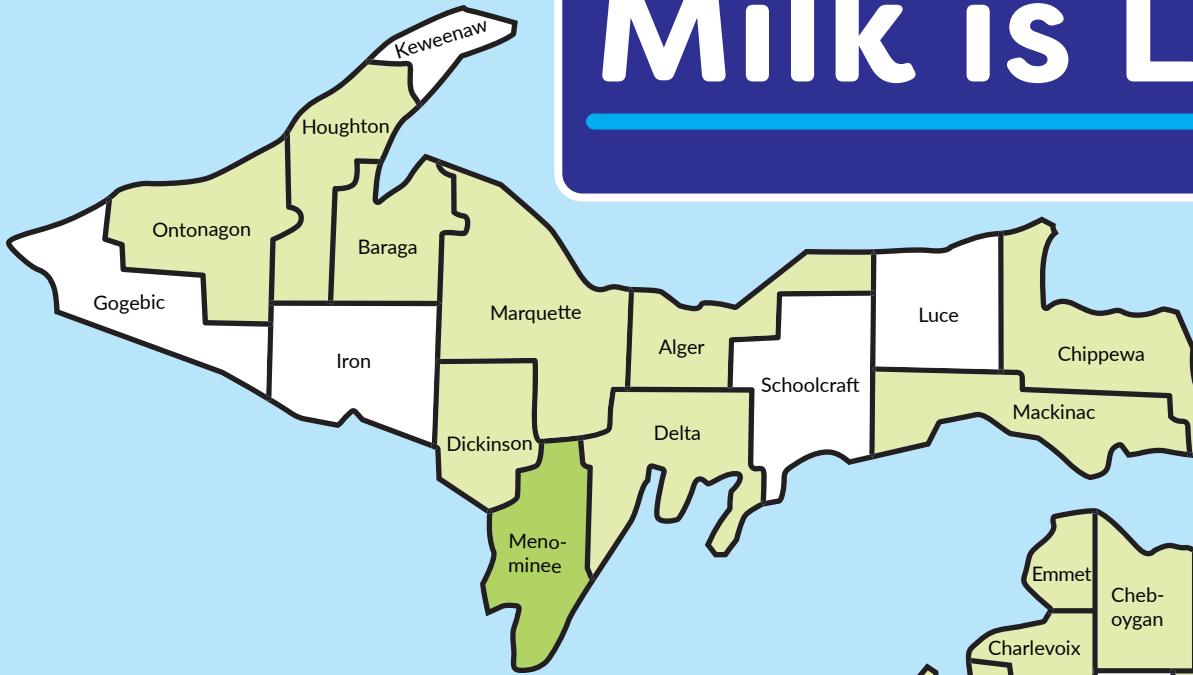
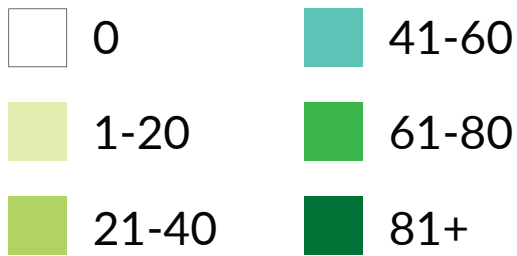


Milk is Local

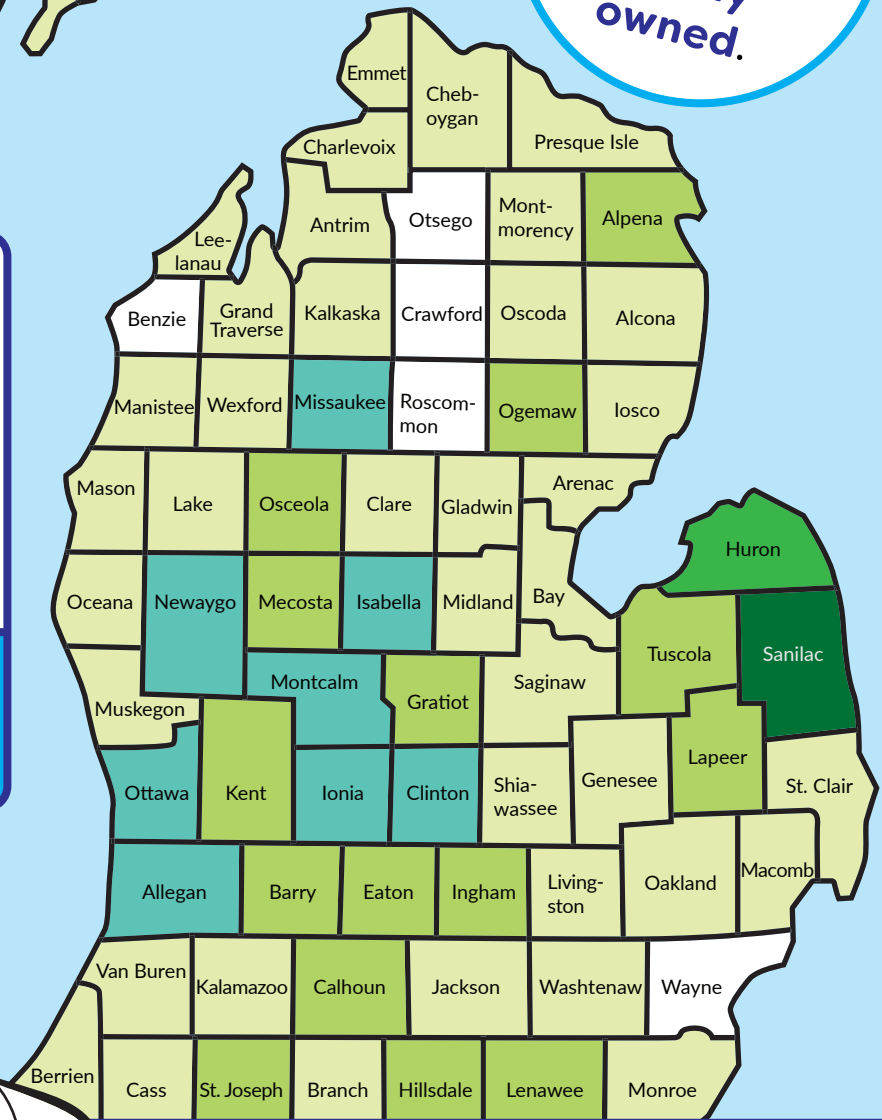


97% of Michigan dairy farms are family owned.

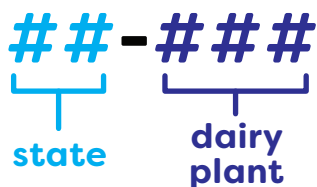
Number of Dairy Farms



Meet local dairy farm families at www.MilkMeansMore.org



Every container of milk is identified by a **5-digit code**.



Codes beginning with **26** mean the milk was bottled in a **Michigan** dairy plant.



Milk from Michigan cows is bottled in Michigan **and** neighboring states.

Milk travels from farm to you within 48 hours.

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.

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

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 stainless-steel pipes.



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.

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



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



All cow's milk has the same **nine essential nutrients**, including protein, vitamin D, and calcium.



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

MILK MEANS MORE

Adapted from American Dairy Association Mideast
Revised 2018

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