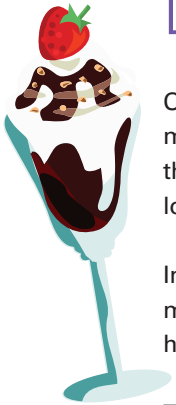




Dairy Farming in Ohio

Dairy is everywhere!



Ohio dairy farmers and dairy cows go together like milk and cereal...or ice cream and cones. And because they work so well together, they are responsible for a lot of milk you drink and dairy foods all of us enjoy.

In fact, Ohio dairy farmers and their cows produce more than 600,000,000 gallons of milk each year right here in our state!

To make all that milk means lots of people work on dairy farms or in the dairy industry—not only to make milk, but other delicious dairy foods including cheese, butter, yogurt and, of course, ice cream!

Milk

Milk is a wholesome drink that is good for you too! Milk has calcium—an important nutrient that helps you grow and keeps your bones strong.



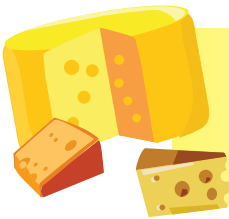
Milk safety is really important. Before milk ever gets to your kitchen table, it goes through more than 4,000,000 tests to make sure it is okay to drink. If the milk does not pass one of the tests, it will not be shipped to grocery stores or used to make dairy foods.

Dairy cows spend about seven hours a day eating. That's as long as a school day!

Dairy Farms

There are more than 3,300 dairy farms in Ohio. And because dairy farmers live on or near their farms, it is important for them to keep their farms and land clean and healthy. Did you know that dairy farmers recycle manure and use it as a natural fertilizer to help their crops grow? They also recycle water and use it to clean their barns and water their fields. Now that's a really smart use of resources!

Barns are like houses for cows. There they have fans, showers, and comfortable bedding to sleep on.



Ohio is the #1 producer of Swiss cheese in our country.

Dairy Farmers

Milk gets to the grocery store and your school cafeteria thanks to the daily work of dairy farmers and their cows. Ohio dairy farmers care for their cows every day of the year—even on holidays! They work with veterinarians who give their cows regular check ups to make sure they are healthy. They also work with nutritionists (people who know a lot about food) to make sure cows are getting healthy meals that are full of vitamins and nutrients.



This is Bill. He is an Ohio dairy farmer.