

# Follow Milk from Ohio Farms to Your Fridge

Have you ever wondered where some of your favorite foods like milk, cheese and yogurt come from? Lots of milk and dairy foods are made locally right here in Ohio!



## Quality milk starts on the farm

Nutritious dairy foods begin with dairy farmers who work hard to provide their cows and land with excellent care.

Ohio is home to about 261,000 dairy cows and 2,200 dairy farms



97% of U.S. dairy farms are family-owned

Ohio ranks 11th in milk production

## and then travels to the dairy plant

To ensure freshness, milk is transported from the farm to the dairy plant at least every 24-48 hrs by refrigerated trucks. Milk must pass rigorous tests to ensure quality and safety.

Dairy foods are among the safest & most tested foods in the U.S.



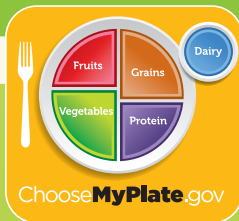
Once it is **pasteurized**, the milk is ready to be bottled or made into cheese, yogurt, and other dairy foods.

## Delivered fresh

Milk arrives at your grocery store within 48 hrs & your school within 72 hrs of leaving your local dairy farm.

## Milk makes the grade

Milk contains 9 essential nutrients, including protein, vitamin D and calcium!



Ohio ranks 4th in the number of dairy companies and 8 of these deliver milk directly to schools!

