

DAIRY FOODS FROM FARM TO TABLE

Have you ever wondered where your favorite dairy foods come from? Follow milk's journey from Ohio dairy farms to your table!

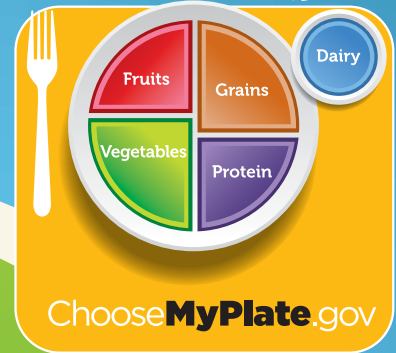


REAL MILK STARTS ON THE FARM

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

95% of U.S. dairy farms are family-owned

Ohio is home to about 253,000 dairy cows & 2,000 dairy farms



MILK TRAVELS TO THE DAIRY PLANT

To ensure freshness, milk is transported from the farm to the dairy plant at least every **24-48 hours** by insulated 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 in as little as **48 hours** or at your school within **72 hours** after leaving the farm.

MILK MAKES THE GRADE

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

Ohio ranks 5th in the number of dairy food companies and 8 of these deliver milk directly to schools

Ohio ranks 11th in milk production



SUPERMARKET



American Dairy Association
MID-EAST

