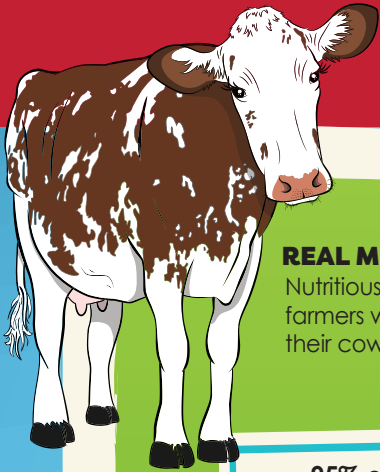


DAIRY FOODS FROM FARM TO TABLE

Have you ever wondered where your favorite dairy foods come from? Follow milk's journey from West Virginia 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

West Virginia is home to about 7,000 dairy cows & 60 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

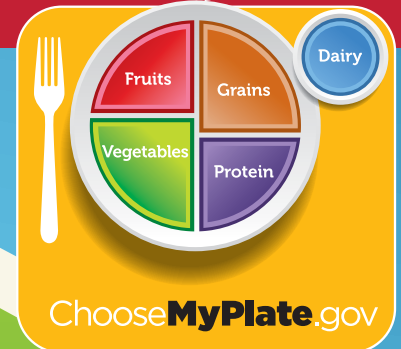
Milk arrives at your grocery store in as little as **48 hours** or at your school within **72 hours** after leaving the farm.

MILK MAKES THE GRADE

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

There are about 37,000 U.S. dairy farms

West Virginia dairy farms produce about 12.9 million gallons of milk annually



Choose **MyPlate.gov**

American Dairy Association
MID-EAST

