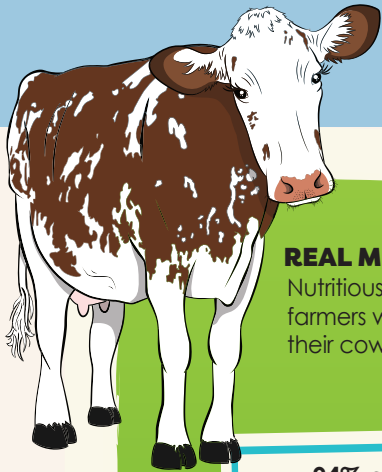


DAIRY FOODS FROM FARM TO TABLE



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

Ohio is home to about 253,000 dairy cows & 1,300 dairy farms

REAL MILK STARTS ON THE FARM

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

94% of U.S. dairy farms are family-owned

MILK TRAVELS TO THE DAIRY PLANT

To ensure freshness, milk is transported from the farm to the dairy plant within **72 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 or school in as little as **48 hours** after leaving the farm.

MILK MAKES THE GRADE

Milk contains 13 essential nutrients, including **protein, vitamin D and calcium!**

Ohio ranks 12th in milk production

Ohio ranks 5th in the number of dairy food companies and 6 of these deliver milk directly to schools

SUPERMARKET



American Dairy Association
MIDEAST

