Dairy farmers are innovative upcyclers: they upcycle parts of plants like almond hulls and citrus pulp from other local farms to feed their cows, helping to keep food waste out of landfills.

Milk is nature’s protein drink as it naturally contains 8 grams of high-quality protein in every 8-ounce serving.

Dairy farmers are committed to further reducing their carbon footprint.

Milk contains a unique nutrient package, including calcium, vitamin D and potassium, that can fill nutritional gaps in your diet.

Dairy cow manure is a natural fertilizer that returns nutrients to the soil for future crops.

The carbon footprint of a glass of milk is two-thirds less than it was 70 years ago, yet it provides all the same great nutrients.

The U.S. Dairy community partners with Feeding America to feed hungry people by increasing the availability of nutritious dairy foods in food banks.

PEOPLE + PLANET + COMMUNITY