Celebrate Farm to School
Connect your students – in the cafeteria and in the classroom - to West Virginia’s dairy farmers who produce milk and other dairy foods!

The American Dairy Association Mideast, the West Virginia Department of Agriculture and the West Virginia Department of Education is pleased to provide your school with a West Virginia Dairy Farm to School kit.

The kit includes:

- 1 Dairy Foods from Farm to Table poster (24” x 36”)
- 1 Milk, Cheese, Yogurt - Made For West Virginia poster (24” x 36”)
- 12 Dairy Fun Fact mini posters (8.5”x11” and water resistant)
- Classroom tools including dairy farm virtual experiences

To celebrate Farm to School, use the kit contents in your cafeteria to highlight the many dairy foods made for West Virginia.

The resources on the reverse side can also be used in the classroom to teach Farm to School concepts in science, math, health and other subjects.

*To download kit components at their original size, click here.*
Dairy from Farm to School Resources

Discovery Education: www.discoverundeniablydairy.com

Classroom Resource - Caring for Cows and Nourishing Communities
- 360 Video & Hot Spot Dairy Farm Virtual Experiences
- Virtual Dairy Farm Field Trip
- Educator Companion Guides
- STEM Curriculum – Creating MyPlate Lesson Plan
- From Farm to Table Lesson Plan

American Dairy Association Mideast: www.drink-milk.com

Classroom Activities
- FUTP60 Playbook: Goals & Descriptions
- Make & Taste Dairy: Mozzarella Cheese
- Make & Taste Dairy: Butter
- Science of Cheese PowerPoint
- Dairy Foods from Farm to Fridge Video
- 7 Breeds of Dairy Cows Video
- There’s A Lot You Don’t Know About Dairy Video
- Healthy Bones Start with Dairy
- Your Skeleton - Feed Your Bones

Teacher Resources
- West Virginia Dairy Facts
- 35 Fun Facts About Dairy
- GenYOUth Farm to School Youth Perspective
- 9 Ways Milk Can Help Your Body
- 7 Ways Yogurt Can Help Your Body
- 6 Ways Cheese Can Help Your Body
- Milk Nutrition Facts Label
- Cheese Nutrition Facts Label
- Yogurt Nutrition Facts Label
- Flash Cards: Milk vs Dairy Alternatives
- Lactose Intolerance vs Dairy Allergy
- Three Servings of Milk Delivers
- Make the Most Out of Your Dairy

Student Handouts & Activity Pages
- Milk from Farm to Fridge Infographic
- Farm to Fridge for Kids
- Milk, Cheese, Yogurt - Made for West Virginia
- West Virginia Dairy Foods From Farm To Table
- Undeniably Dairy Coloring Book
- Dairy Coloring Page
- Milk from Farm to Fridge Activity Book
- Milk It Activity Page
- Milk from Cow to You
- Stronger Bones are as Easy as 123
- Think Your Drink
- Fuel Up with Milk at Meals

School Cafeteria Resources
- Chef-Inspired School Recipes
- Overnight Oats 101
- Smoothie School Kit
- Milk with Meals, Water Whenever
- 1 Percent Flavored Milk is Back
- MyPlate Guide to School Lunch
- MyPlate Guide to School Breakfast
- Milk Quality Checklist
- Fluid Milk in School Meals Executive Summary

For Additional Resources
National Dairy Council: www.nationaldairycouncil.org
Fuel Up To Play 60: www.fueluptoplay60.com
Made for West Virginia!
The United States is home to about 34,000 dairy farms and numerous dairy companies that bottle milk or make cheese, yogurt or other dairy foods. Products from the dairy companies shown below are available in major supermarkets near you. West Virginia is home to more than 35 dairy farms, is there one in your county?

Top 10 Dairy Counties
1. Jefferson
2. Monroe
3. Berkeley
4. Greenbrier
5. Preston
6. Jackson
7. Ohio
8. Mason
9. Mineral
10. Harrison

Each cow represents one dairy farm.
REAL MILK STARTS ON THE FARM
Nutritious dairy foods begin with dairy farmers who provide excellent care to their cows and land.

West Virginia is home to about 6,000 dairy cows & 35 dairy farms

95% 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 at least every 24-48 hours by insulated trucks. Milk must pass rigorous tests to ensure quality and safety.

MILK MAKES THE GRADE
Milk contains 9 essential nutrients, including protein, vitamin D and calcium!

There are about 34,000 U.S. dairy farms

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.

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

West Virginia dairy farms produce about 10.5 million gallons of milk annually

Have you ever wondered where your favorite dairy foods come from? Follow milk’s journey from West Virginia dairy farms to your table!
Milk is fresh and local all year long!

Farmers work hard 24/7 to provide the best care for their cows - even on holidays!
Milk helps build strong bones and teeth!

Protein

Calcium
Cows can smell food up to 6 miles away!
October is National CHEESE Month

It takes 20 8-oz glasses of milk to make 1 pound of cheese.
An average dairy cow weighs 1,200 pounds!
No two cows have the same spots!
Milk arrives at your school in as little as 3 days after leaving the farm.
1 cow makes enough milk to fill more than 100 glasses each day!
80% of what dairy cows eat can’t be eaten by people!

For example: We eat almonds, and cows eat the almond hulls.
All cow’s milk has the same amount of protein, vitamins and minerals.
Cow manure is a valuable resource!

Farmers can use manure as a natural fertilizer to grow crops, like corn.
WEST VIRGINIA DAIRY FACTS

West Virginia is home to about 50 dairy farms
The average herd size is about 120 cows per farm

There are about 6,000 dairy cows in WV
There are 9.33 million dairy cows nationwide
95% of dairy farms nationwide are family owned

There are more than 36,000 dairy farms in the United States.

TOP STATES IN MILK PRODUCTION

WV produces 90 million lbs or 10.5 million gallons of milk annually

West Virginia dairy industry economic impact

The total economic impact of dairy products produced and sold in West Virginia is $1.5 billion, which generates 9,800 jobs for West Virginians.

Nationally, the dairy industry creates nearly 3 million U.S. jobs and has an overall economic impact of more than $619 billion.

WEST VIRGINIA RANKS NATIONALLY

38th number of dairy farms
42nd in number of dairy cows
44th in milk production

In fact, many farms have been in the family for multiple generations.

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