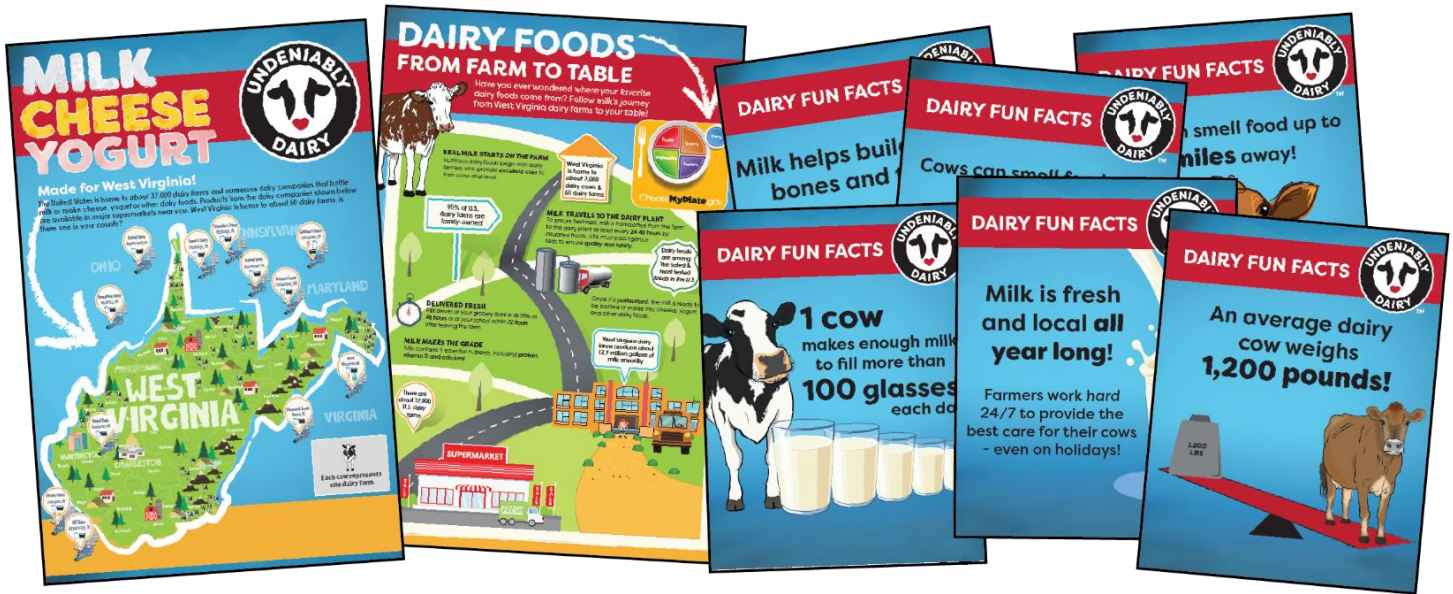


Celebrate Farm to School

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

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

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

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

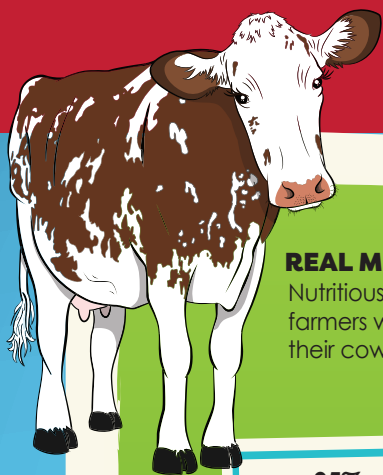
MILK, CHEESE, & YOGURT

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?



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 6,000 dairy cows & 35 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.

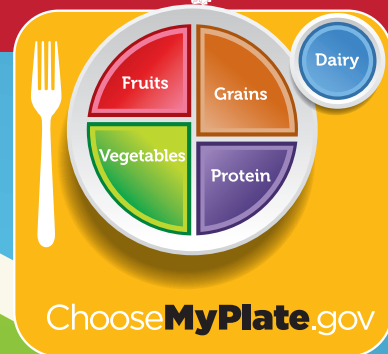
MILK MAKES THE GRADE

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

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

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

SUPERMARKET



American Dairy Association
MID-EAST



DAIRY FUN FACTS



**Milk is fresh
and local all
year long!**

**Farmers work hard
24/7 to provide the
best care for their cows
- even on holidays!**



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DAIRY FUN FACTS



Milk helps build strong bones and teeth!



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Association
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DAIRY FUN FACTS



**Cows can smell food up to
6 miles away!**



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DAIRY FUN FACTS



October is National

CHEESE

Month

It takes **20** 8-oz glasses of milk
to make **1** pound of cheese.



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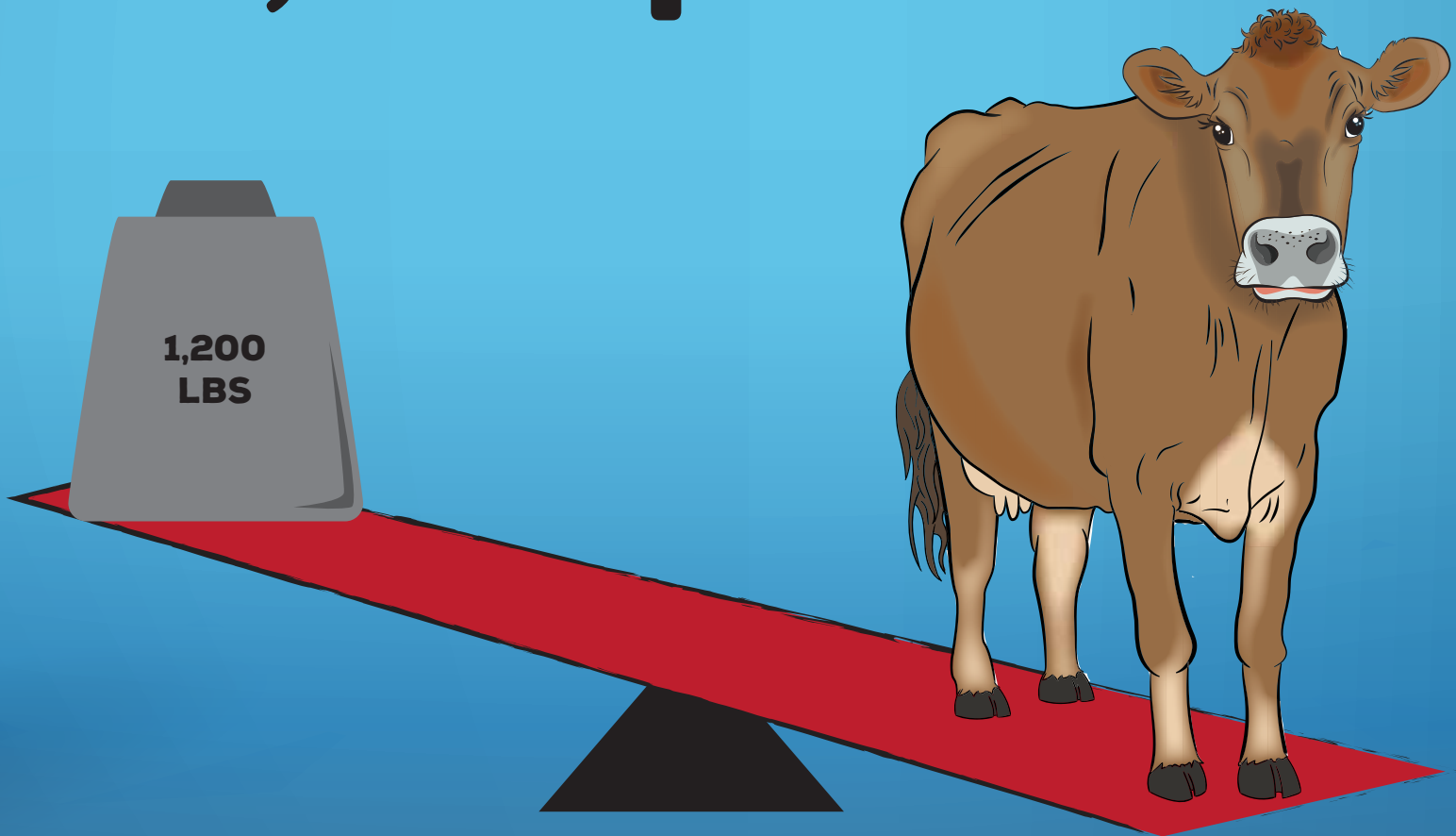


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DAIRY FUN FACTS



An average dairy
cow weighs
1,200 pounds!

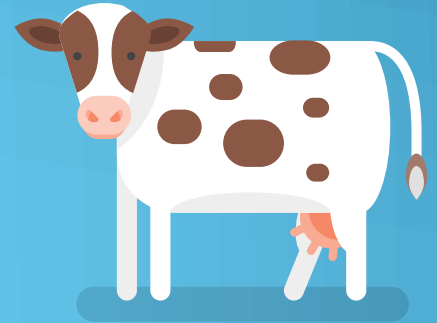
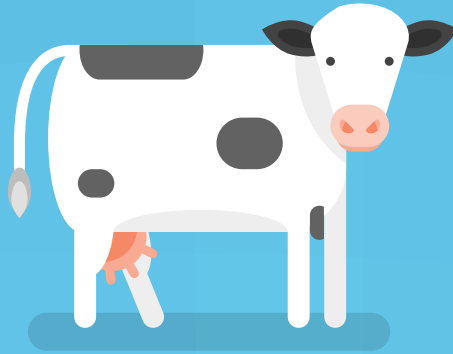


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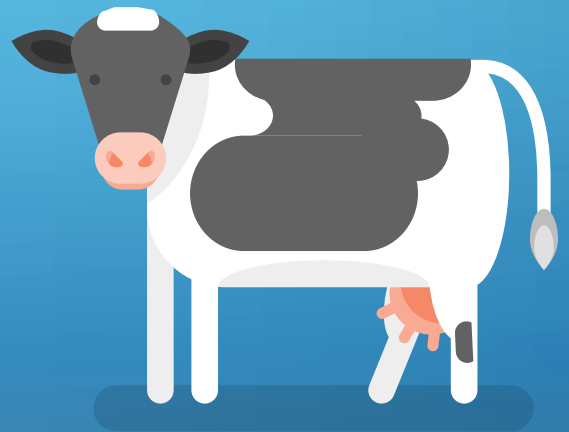
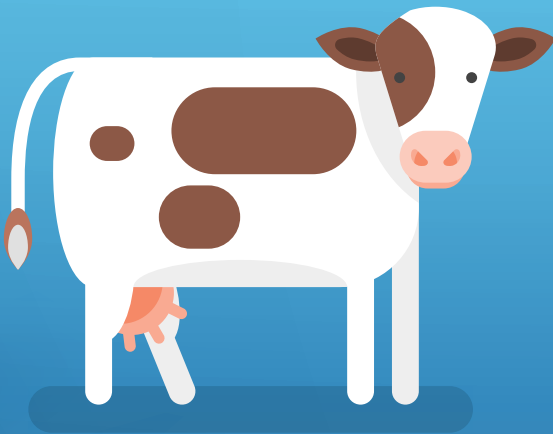


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DAIRY FUN FACTS



**No two cows have
the same spots!**



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DAIRY FUN FACTS



**Milk arrives at your school in
as little as 3 days
after leaving the farm.**



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DAIRY FUN FACTS



1 cow
makes enough milk
to fill more than
100 glasses
each day!



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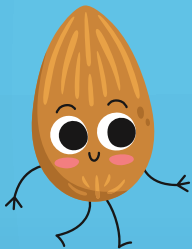


American
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Association
MID-EAST

DAIRY FUN FACTS



**80% of what
dairy cows eat
can't be eaten
by people!**



For example:
We eat almonds,
and cows eat the
almond hulls.



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DAIRY FUN FACTS



All cow's milk has the same amount of protein, vitamins and minerals.



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DAIRY FUN FACTS



Cow manure is a valuable resource!



**Farmers can use
manure as a
natural fertilizer
to grow crops,
like corn.**



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MIDEAST

WEST VIRGINIA DAIRY FACTS

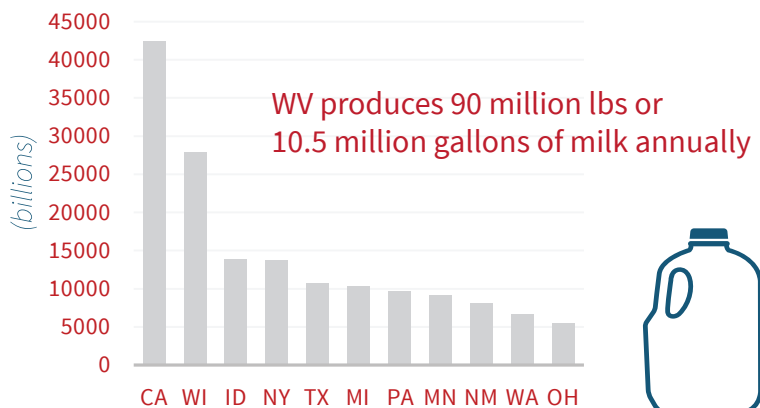
West Virginia is home to about 50 dairy farms

The average herd size is about 120 cows per farm



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

TOP STATES IN MILK PRODUCTION

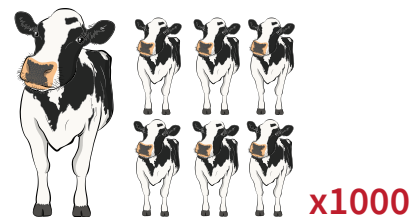


West Virginia dairy industry economic impact

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.

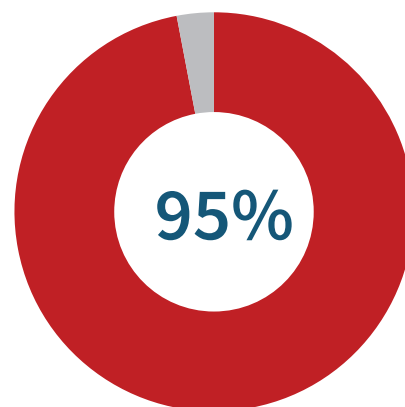
Nationally, the dairy industry creates nearly 3 million U.S. jobs and has an overall economic impact of more than \$619 billion.

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



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

WEST VIRGINIA RANKS NATIONALLY

38th number of dairy farms

42nd in number of dairy cows

44th in milk production

