

Planet & Community



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

NUTRIENT-RICH
Milk contains **13 essential nutrients**, including calcium, vitamin D and potassium, that can fill nutritional gaps in your diet.

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

OUR ENVIRONMENTAL COMMITMENT

Dairy is committed to being an environmental solution – raising the bar on social and environmental responsibility.

- By 2050**, U.S. dairy will:
- **achieve carbon neutrality or better**
 - **optimize water usage and maximize recycling**
 - **manage manure and nutrients to improve water quality**



WHO WE ARE
The American Dairy Association Mideast is source for all things dairy from farm to fridge!

We work on behalf of Ohio and West Virginia dairy farm families to share their stories, bring you science-based information and feature delicious dairy recipes.

Connect with us!

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Drink-Milk.com



” All About Milk & Dairy Farming



Nourishing People,

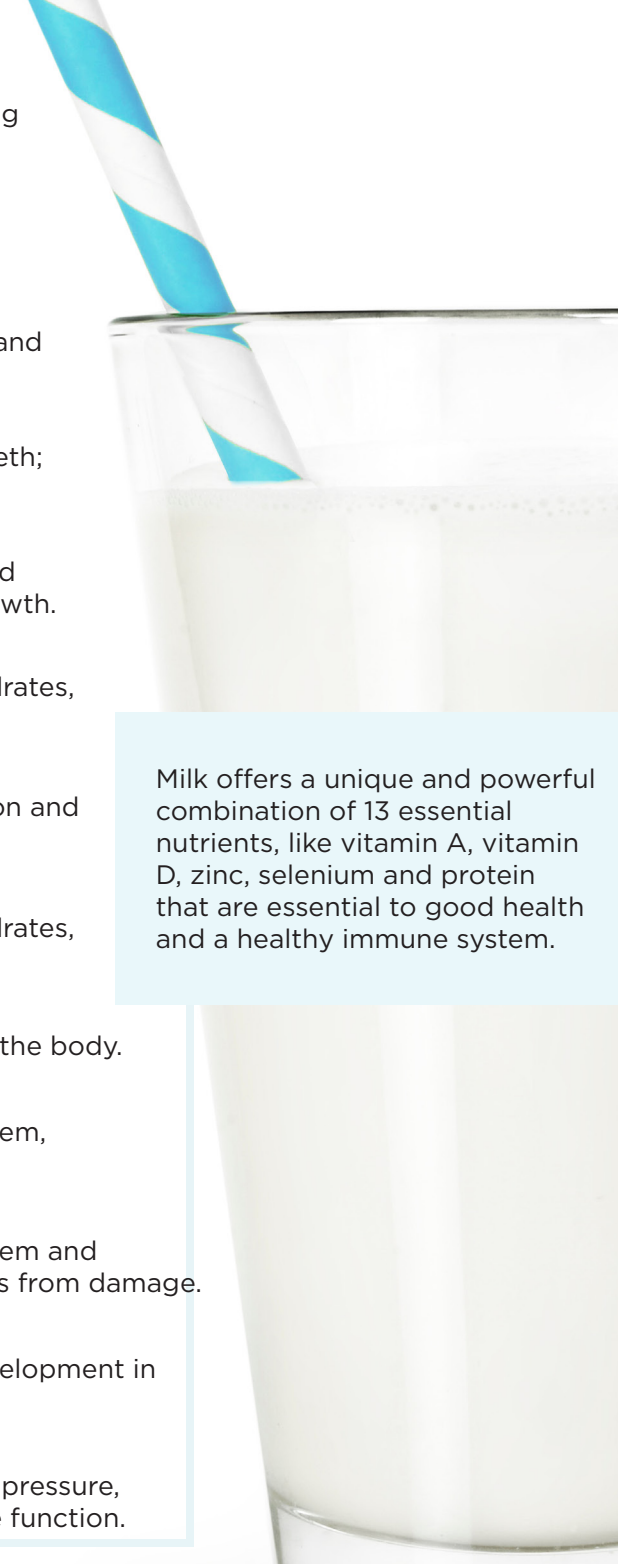
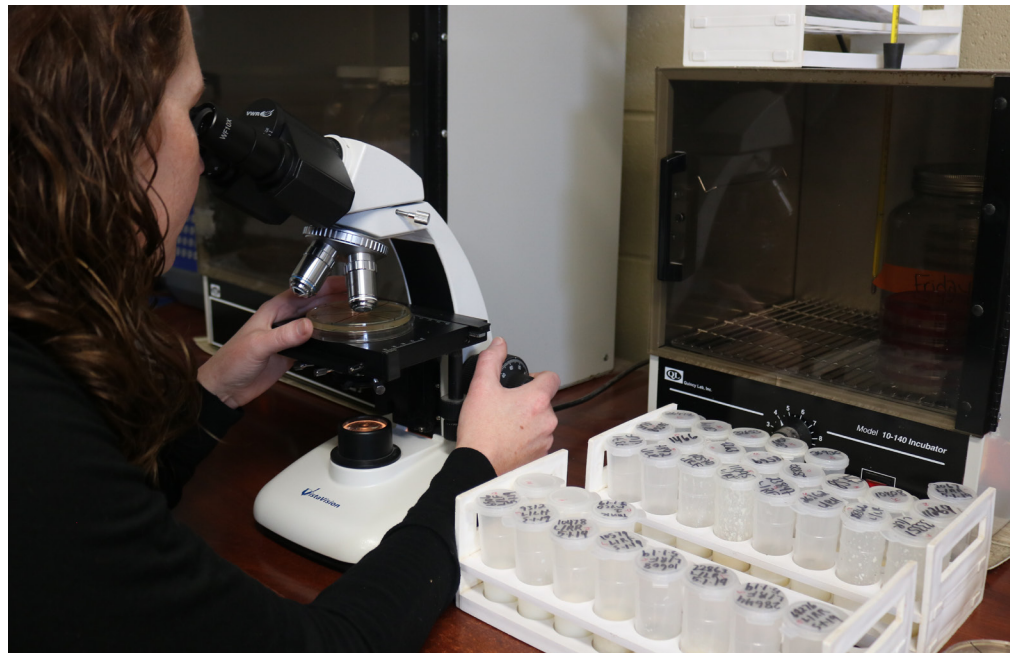
America's dairy farmers are dedicated to fostering healthy people, healthy communities and a healthy planet now and for future generations.

INNOVATIVE UPCYCLING
Dairy farmers can 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.**

REGENERATING THE SOIL
Dairy cow manure is a **natural fertilizer** that returns critical nutrients to the soil to **nourish future crops** that all farmers can use.

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








COW CARE

Dairy farmers' commitment to producing high-quality milk begins with taking good care of their cows and treating them with respect. Farmers work closely with veterinarians, animal nutritionists and other professionals to keep their animals healthy and comfortable.

Barns Built For Cows

-  temperature controlled
-  24/7 access to fresh feed & water
-  clean, soft & dry bedding to relax on
-  grooved floors to prevent slipping



1 Dairy farmers use milking machines to milk their cows 2-3 times a day. It only takes about 5-7 minutes for a cow to be milked!

MILK SAFETY

2 Milk is pumped through sanitized pipes and is rapidly cooled before it reaches the refrigerated bulk tank where it is stored at 45°F or less.



3 Milk is transported in an insulated tanker from the farm to a processing facility. From farm to fridge, milk is never touched by human hands.



MILK PROCESSING

4 Milk is tested for safety before it leaves the tanker. If milk tests positive for antibiotics, it's disposed of and never enters the food supply.



5 After the milk is tested, it goes through a three-step process: pasteurization, standardization and homogenization. Then, it is bottled and delivered fresh to local stores and schools.



CALCIUM

Helps build and maintain strong bones and teeth.

PROTEIN

Helps build and repair tissue; supports immunity.

VITAMIN D

Supports strong bones, teeth and immune system.

PHOSPHORUS

Supports strong bones and teeth; helps tissue growth.

VITAMIN A

Supports healthy skin, eyes and immune system; promotes growth.

RIBOFLAVIN

Helps your body use carbohydrates, fats and protein for fuel.

VITAMIN B12

Supports normal blood function and nervous system.

PANTOTHENIC ACID

Helps your body use carbohydrates, fats and protein for fuel.

NIACIN

Used in energy metabolism in the body.

ZINC

Supports healthy immune system, development and skin.

SELENIUM

Supports healthy immune system and metabolism; helps protect cells from damage.

IODINE

Crucial for bone and brain development in pregnancy and infancy.

POTASSIUM

Supports healthy heart, blood pressure, body fluid balance and muscle function.

Milk offers a unique and powerful combination of 13 essential nutrients, like vitamin A, vitamin D, zinc, selenium and protein that are essential to good health and a healthy immune system.