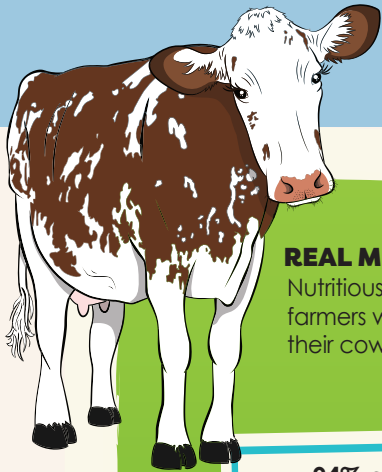


# DAIRY FOODS FROM FARM TO TABLE



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.

West Virginia is home to about 5,000 dairy cows & 40 dairy farms

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 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.

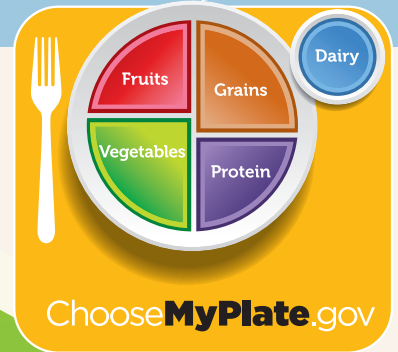
## MILK MAKES THE GRADE

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

There are about 29,000 U.S. dairy farms

West Virginia dairy farms produce about 8.7 million gallons of milk annually

SUPERMARKET



American Dairy Association  
MIDEAST

