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

Ohio is home to more than 1,450 dairy farms & about 257,000 dairy cows.

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.

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

MILK MAKES THE GRADE
Milk contains 13 essential nutrients, including protein, vitamin D and calcium!

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.

Ohio ranks 5th in the number of dairy food companies and 8 of these deliver milk directly to schools.

Ohio ranks 11th in milk production.

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Dairy foods are among the safest & most tested foods in the U.S.

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