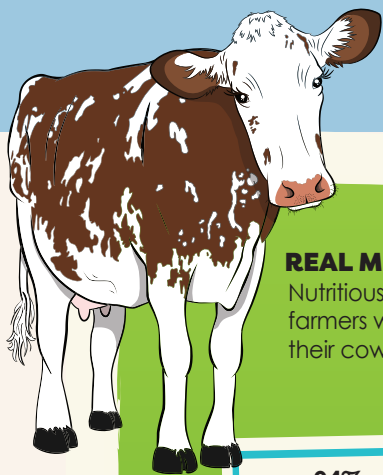
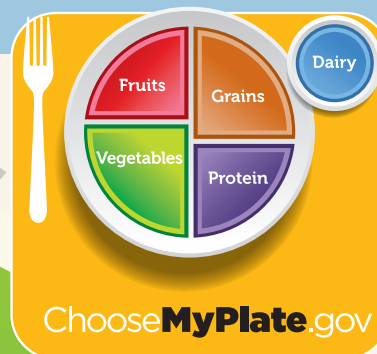


# DAIRY FOODS FROM FARM TO TABLE



Have you ever wondered where your favorite dairy foods come from? Follow milk's journey from Ohio 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.

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 within **72 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 or school in as little as **48 hours** after leaving the farm.

## MILK MAKES THE GRADE

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

Ohio ranks 5th in the number of dairy food companies and 6 of these deliver milk directly to schools

Ohio ranks 11th in milk production



SUPERMARKET



American Dairy Association  
MIDEAST

