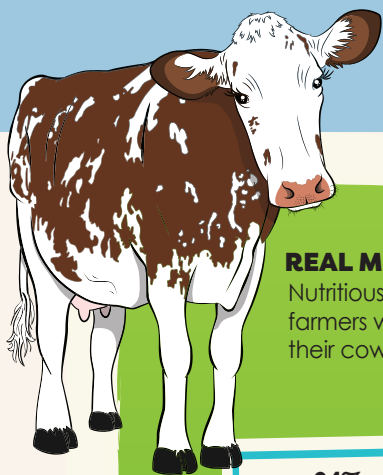


DAIRY FOODS FROM FARM TO TABLE



Have you ever wondered where your favorite dairy foods come from? Follow milk's journey from West Virginia dairy farms to your table!

West Virginia is home to about 4,000 dairy cows & 25 dairy farms

REAL MILK STARTS ON THE FARM

Nutritious dairy foods begin with dairy farmers who provide **excellent care** to their cows and land.

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!**

West Virginia dairy farms produce about 6.86 million gallons of milk annually

There are about 23,600 U.S. dairy farms



SUPERMARKET



American Dairy Association
MIDEAST

