

# 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.

95% of U.S. dairy farms are family-owned

Ohio is home to about 252,000 dairy cows & 1,750 dairy farms

## 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

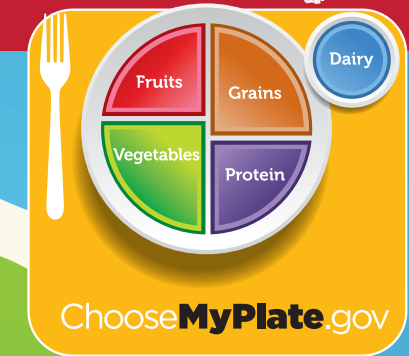
Milk arrives at your grocery store in as little as **48 hours** or at your school within **72 hours** after leaving the farm.

## MILK MAKES THE GRADE

Milk contains 9 essential nutrients, including **protein, vitamin D and calcium!**

Ohio ranks 11th in milk production

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



American Dairy Association  
MID-EAST

