

# PEOPLE + PLANET + COMMUNITY

**Dairy farmers are innovative upcyclers:** they upcycle parts of plants like almond hulls and citrus pulp from other local farms to feed their cows, helping to **keep food waste out of landfills.**

Milk is **nature's protein drink** as it naturally contains 8 grams of **high-quality protein** in every 8-ounce serving.

**Dairy farmers** are committed to further **reducing their carbon footprint.**

Dairy cow manure is a **natural fertilizer** that returns nutrients to the soil for **future crops.**

**The carbon footprint** of a glass of milk is **two-thirds less** than it was 70 years ago, yet it provides all **the same great nutrients.**

The U.S. Dairy community partners with Feeding America to feed hungry people by **increasing the availability of nutritious dairy foods** in food banks.

Milk contains a **unique nutrient package**, including calcium, vitamin D and potassium, that can fill nutritional gaps in your diet.

