



# Process of Milk

Name: \_\_\_\_\_

Date: \_\_\_\_\_

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## Land, Crops, & Water

Dairy farmers are stewards of the land. They recycle their cows' manure and turn it into something valuable for the environment – fertilizer. Crops use the valuable organic nutrients found in the fertilizer and it allows farmers to use less water and keep the soil healthy.

Dairy farmers depend on water for their cows – an adult cow drinks nearly a bathtub full of water each day. The water used on the farm is recycled several times a day, from cooling milk before it goes into the bulk tank, to washing the barn, to irrigating crops.

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## Caring For & Feeding the Cows

Cows are the most important part of a dairy farm – dairy farmers are sure to provide the right amount of nutritious food, plenty of fresh, clean water and comfortable bedding for cows to relax on.

A dairy cow eats 100 pounds of hay, grain, soybean meal, corn and other nutrients each day.

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## Milking the Cow

Cows are milked at least twice a day by machines. Milk is pumped into a large storage tank on the farm and quickly cooled to keep it fresh. It is also tested to make sure it is safe.

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## Transporting the Milk

Fresh milk is driven from a farm to a local dairy processing plant in a truck.

The trucks that transports the milk are insulated and keep the milk chilled during the transportation.

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### Processing & Pasteurizing

At the processing plant, the milk is tested for safety, then \_\_\_\_\_pasteurized.

Milk and dairy products undergo numerous safety, quality and sanitation checks, making them among the most \_\_\_\_\_ highly-regulated and safest foods.

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### Packaging the Milk

The milk is packaged as fluid milk, cheese, yogurt or other dairy products.

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### Delivered to Grocery Store

Much of the milk delivered to the grocery store was at the farm just two days before.

Milk is 87% water and 13% solids. It contains important \_\_\_\_\_nutrients, including calcium, Vitamin D, potassium and high-quality, easy-to-digest protein.

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Date: \_\_\_\_\_

### Families Purchase the Milk