

Milk from You to You

1



There are over 800 dairy farms in Indiana & almost all of them are family-owned!

2



Cow comfort is important on the farm. Some cows sleep on waterbeds and have robotic brushes to scratch their backs whenever they want!

3



Ear tags, like earrings, tell us a cow's "name." Some cows wear pedometers, like fitness trackers, so farmers can learn about their health.

4



Veterinarians visit the farm to check on cows routinely, just like you go to the doctor for regular check ups.

5



Cows are milked 2-3 times a day by a machine. It only takes 5-7 minutes per milking!

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Pipes from the milking room pump milk from the cow to a large storage tank where it stays cool and fresh.

7



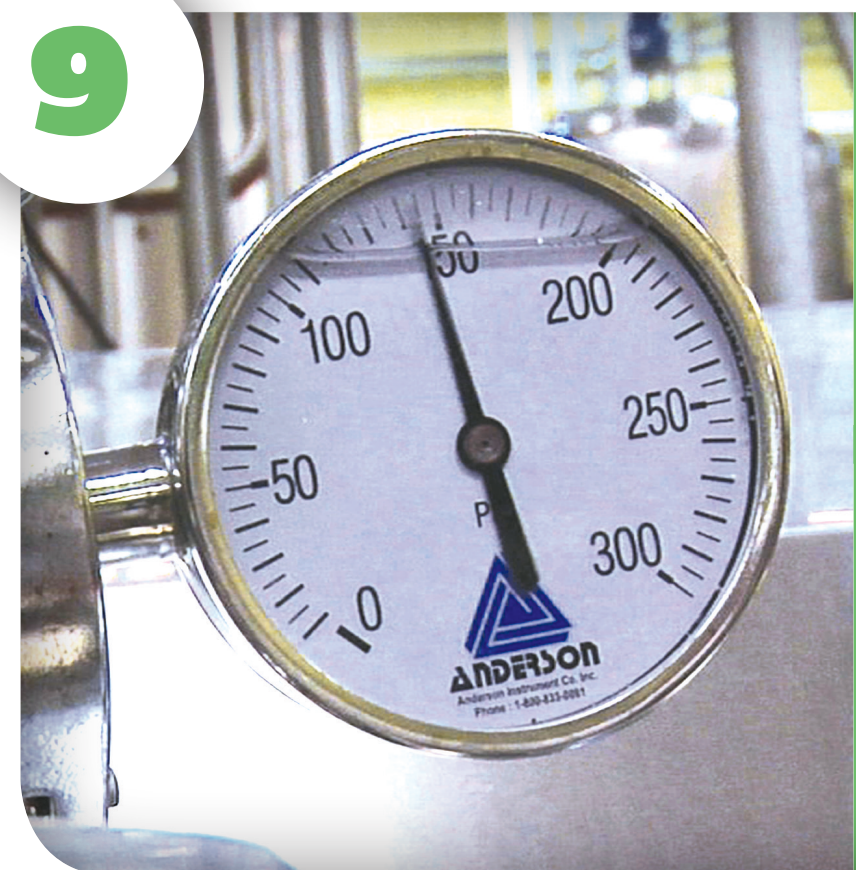
A refrigerated tanker truck transports milk from the storage tanks at the farm to the processing plant.

8



Milk must pass several tests at the farm and again when it arrives at the processing plant to ensure its quality and safety.

9



At the plant, milk is rapidly heated through a process called pasteurization, to further ensure it is safe to drink.

10



Milk is put into containers or made into cheese, yogurt or other dairy products.

Milk and dairy products are good for you and provide many nutrients, like calcium, for strong bones and teeth.



Milk, cheese, and yogurt are important for a healthy diet — enjoy them at school, at home, or on the go!



WANT TO LEARN MORE about Indiana dairy cows and the nutritious foods they help create?

VISIT US ONLINE!

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