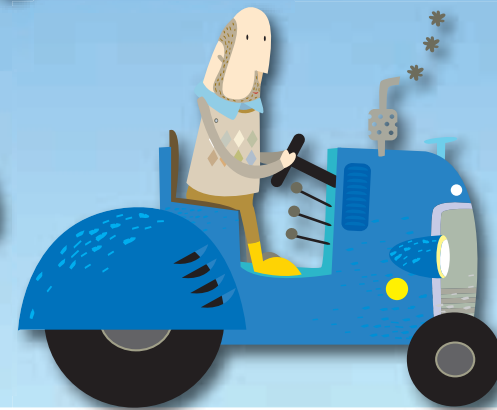


A Moo-ving Journey

How Milk Gets from Farm to Table

At the Farm

Milk starts its journey on a dairy farm. Dairy farms in New York, New Jersey, and Pennsylvania have anywhere from 10 to 2,500 cows, each producing 10 gallons of milk a day. Chances are, the milk you had with your lunch today is from one of those cows on one of these farms!



Dairy cows are generally milked twice a day, in the early morning and late afternoon.

Some cows are milked 3 times a day. Special machines make the job easier. These machines do not harm the cows. They gently remove the milk and send it to a refrigerated tank.



Dairy farmers work hard to care for their cows.

A dairy cow is a female that has given birth at least once. Dairy farmers keep their cows well fed with local grains like corn and soybeans and dried grasses, clover, and alfalfa, which is called hay.



On the Road

A refrigerated tanker truck takes the milk from the farm to the processing plant. Milk produced in New York, New Jersey, and Pennsylvania travels 100 miles on average from farm to market.



At the processing plant, the milk goes through several steps important for food safety.

It is pasteurized, homogenized, and packaged in a controlled environment.



After processing, the milk is packaged in containers.

Some of it is used for yogurt and some for cheese, butter, ice cream, and other yummy dairy products.



Local milk is available 365 days a year.

Last Stop... to You!

Dairy farmers work hard to bring you delicious, healthy milk and milk products fresh from the farm to you.

Locally produced milk is served in your school's lunch program! Remember to include at least 2½ to 3 cups of dairy each day. Your body needs the calcium in dairy products to give you strong bones and teeth.



Dig In!

Some schools near you have kept it very local by starting a garden. Maybe these photos will inspire you to grow a garden, too!



All photos: Bushwick Campus Farm, Brooklyn, NY. Visit ecostationny.org/BCF/.