Farm Families
New England is home to more than 1,700 dairy farms, most passed along from generation to generation. Kids first learn about dairy farming from their parents and grandparents. Later, they attend college to learn about caring for their animals, planting and harvesting crops, and running a successful business, all to produce nutritious, wholesome milk for you.

Caring for Cows
Farmers treat their cows well, feeding them wholesome food, much of which is raised right on the farm. The cows even have their own nutritionist to help them get a balanced diet.

Boost Your Nutrition
Milk provides 9 essential nutrients that help keep you healthy.

Save Earth’s Resources
Drinking all your milk reduces food waste and helps preserve precious land resources.

Cow Comfort
Happy cows make more milk. Cows are milked 2-3 times a day, using machines that do not harm them. Cows like to be milked!

Dairy Everywhere
Milk is delivered to you at school or to your local store within 2-3 days of leaving the farm.

Dairy Favorites
Milk is also made into other favorite dairy products such as yogurt and cheese.

From Farm to Plant
A refrigerated tanker truck takes the milk from the farm to the processing plant to be inspected.

At the Processing Plant
The milk is tested, homogenized, and pasteurized.

Last Stop...To You!
Most of us need 3 servings of dairy a day.