



WHAT'S YOUR MAINE MOO I.Q.?

The milk, yogurt, cheese, butter, ice cream, and other dairy products you enjoy start with cows on Maine family farms. Boost your dairy farming knowledge with these fun facts!

MAINE DAIRY FARMING BY THE NUMBERS*

Number of dairy farms: **221**

Number of dairy cows: **30,000**

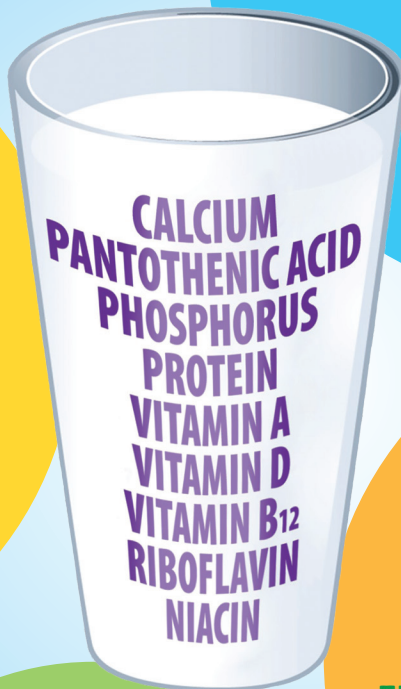
Acres of greenspace preserved: **700,000**



DAIRY HELPS KEEP YOU HEALTHY!

Each 8-oz. glass of milk includes

9 **ESSENTIAL NUTRIENTS** your body needs.



DAIRIES GO HIGH TECH

Some farms use technology like robots and **TRANSPONDERS** to help care for their cows.



COWS PROVIDE!

Each dairy cow produces

128
GLASSES OF MILK A DAY!

(That's 46,720 glasses a year!)

Milk goes from farm to fridge in
48 HOURS.

VISIT DRINKMAINEMILK.ORG TO LEARN MORE ABOUT DAIRY FARMS IN MAINE.

*Numbers are approximate.



MAINE DAIRY & NUTRITION COUNCIL

