

TOP 5 MILK QUESTIONS ANSWERED

1 IS THERE A DIFFERENCE BETWEEN ORGANIC & REGULAR MILK?

No. In terms of quality, safety, and nutrition, there's no difference between organic and regular milk. The difference is how they are produced on the farm.

2 ARE THERE ANTIBIOTICS IN MILK?

No. All milk – both regular and organic – is tested for antibiotics. Even with the best care, animals can become sick or injured. Farmers work with veterinarians to provide medicine to their cows as needed. When this happens, the cow's milk is withheld from the market and does not enter the food supply. Rigorous testing is done on the farm and at the plant to make sure all milk is free of antibiotics.

3 IS RAW (UNPASTEURIZED) MILK SAFE TO DRINK?

No. Milk should be pasteurized; it's a matter of food safety. Pasteurization is a simple, effective method to kill potentially harmful bacteria without affecting the taste or nutritional value of milk.

4 ARE THERE HORMONES ADDED TO MY MILK?

No. Hormones are naturally present in many foods of plant and animal origin, including milk. Some farmers choose to supplement their cows with rbST, an FDA-approved synthetic hormone, to help with milk production. Science shows that it is safe for cows and has no effect on humans or the hormone levels in the milk itself.

5 ARE THERE GMOS IN MY MILK?

No. The USDA, EPA and FDA agree that fluid milk from cows fed genetically modified grains like corn and soybeans is not considered genetically modified solely because of the feed. GMO grains are digested by animals in the same ways as non-GMO feed. Nutritionally, the milk is identical.



FUN FACTS



There are over 700 dairy farms in Indiana, and 95% of them are family-owned.



Some farms use robot technology on the farm to milk the cows and clean the barns.



Dairy farming adds \$810 million to the Hoosier economy.



Milk costs less than 25 cents per 8 oz. glass. Amazingly affordable nutrition!



Milk has 13 essential nutrients, including zinc, iodine, and selenium to support a healthy immune system.



Dairy foods are among the safest and most highly regulated foods available.



Milk travels from the farm to the grocery store in about 48 hours.



Visit WhereIsMyMilkFrom.com to find out where your milk was processed.

CONNECT WITH US

Follow us for science-based dairy nutrition and health information. Plus, get an inside look at how Indiana dairy farmers care for their cows, their land, and the milk they produce.



WinnersDrinkMilk.com



[Facebook/INDairy](https://www.facebook.com/INDairy)



[Twitter/INDairy](https://twitter.com/INDairy)



[Instagram/INDairy](https://www.instagram.com/INDairy)



[YouTube/IndianaDairy](https://www.youtube.com/IndianaDairy)



[Pinterest/INDairy](https://www.pinterest.com/INDairy)



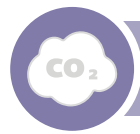
DAIRY FOODS FROM FARM TO FRIDGE
YOUR QUESTIONS ANSWERED

IS DAIRY GOOD FOR OUR AIR, LAND, & WATER?

Within the last decade, dairy farms have contributed to a healthier environment.



30% less water used



19% less GHG (greenhouse gases)



21% less land used



20% less manure produced

“At our third-generation dairy farm, we are focused on volunteering in the community and taking care of our animals. As a River Friendly Farmer in Indiana, we work to keep our nearby rivers, lakes and streams clean through good farm management practices. It means everything to us to make sure the land is healthy for the generations that come after us.”

- Kelly MacKinnon
Indiana Dairy Farmer (Thorntown, IN)



4 COMMON COW CARE QUESTIONS

1

WHAT DO DAIRY COWS EAT?

Dairy cows eat about 100 pounds of feed and drink 30-50 gallons of water (about a bathtub full) each day. Their feed is specially formulated by a dairy nutritionist and is typically a combination of hay, grain, silage, and proteins (such as soybean meal), plus vitamins and minerals. 80% of a dairy cow's diet comes from plant fibers and food waste that humans can't digest and would otherwise go to landfills.

2

WHY AREN'T CALVES KEPT WITH THEIR MOTHERS?

Calves represent the future of the farm, so dairy farmers work extremely hard to keep them healthy, which is why newborn calves are moved to clean individual pens like hutches or special calf barns within 24 hours of birth. Newborns have vulnerable immune systems so it is important to protect them from germs in the environment or diseases that can be passed on from adult cows.

3

WHAT HAPPENS WHEN DAIRY COWS GET SICK?

Cows do occasionally get sick and sometimes require medicine just like we do. Large-animal veterinarians prescribe antibiotics only when needed. These cows are housed separately so they can be closely monitored and identified with markings to make sure they are not milked with the rest of the herd.

4

WHY AREN'T ALL DAIRY COWS OUT ON PASTURE?

The well-being, protection, and comfort of cows are top priority on all farms. Access to pasture is determined by geography, land availability, and weather conditions. Many of today's dairy farms use "free-stall housing," a type of climate-controlled barn, where cows move about as they choose, equipped with fans, misters, soft bedding like sand, mattresses, and waterbeds to keep them comfortable.

MILK IS LOCAL

8 Steps from Farm to Fridge

1



Dairy farmers use milking machines to milk their cows 2-3 times a day. It only takes about 5-7 minutes for a cow to be milked each time.

2



Milk is pumped through sanitized pipes and is rapidly cooled before it reaches the refrigerated bulk tank where it is stored at 45°F or less.

4



Milk is transported in an insulated tanker from the farm to the processing facility. From farm to fridge, milk is never touched by human hands.

3



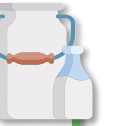
Milk is tested for safety before it leaves the tank. If milk tests positive for antibiotics, it is disposed of and never enters the food supply.

5



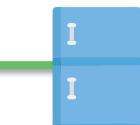
After the milk is tested, it goes through a three-step process: pasteurization, standardization, and homogenization.

6



Pasteurization rapidly heats the milk to further ensure it is safe to drink. Pasteurized milk is then cooled and stored until bottled.

8



Refrigerated trucks transport milk and dairy foods to places like grocery stores, local schools and restaurants for you and your family to enjoy!

7



Additional lab testing of finished product for freshness and consistency occurs before leaving the processing facility to the grocery store.