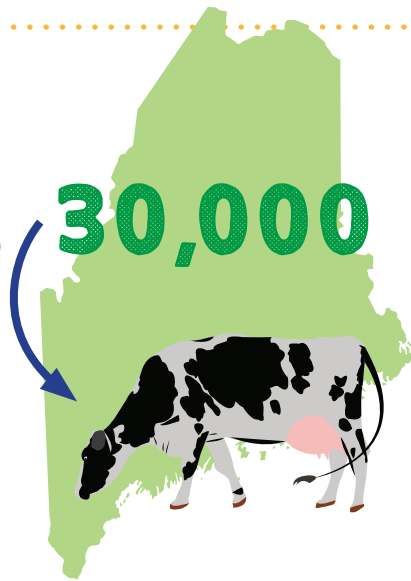


WHAT'S YOUR MAINE MOO I.Q.?

Boost your dairy smarts with these amazing facts about dairy farming. Remember: The milk, yogurt, cheese, butter, ice cream, and other dairy products you enjoy start with cows on Maine family dairy farms.

NUMBERS TELL THE STORY*

- There are 30,000 cows on 221 dairy farms in Maine, helping to preserve 700,000 acres of land — that's almost 15 times the size of Acadia National Park!
- Each dairy cow produces 128 glasses of milk a day. That's 3,840,000 glasses of Maine milk every day — that's a lot of milk!



DAIRY FARMS SUPPORT MAINE'S ECONOMY

- Dairy farm families work 365 days a year to support the local economy.



- 97% of dairy farms are owned and run by families. They do a lot themselves but rely on experts from the community to support their business, including dairy nutritionists, tech experts, environmentalists, veterinarians, mechanics, carpenters, and more.‡

MEET MAINE'S DAIRY COWS



- Dairy cows aren't always black and white. You can find many different breeds, including Holstein, Jersey, Brown Swiss, Ayrshire, Milking Short Horn, and Guernsey. Do you know which breeds are shown here?†



LIKE TECH? SO DO DAIRY FARMERS!

- Dairy farmers can use robots, transponders (like "fitbits"), and other high-tech devices to care for their cows.
- Transponders can track important information like how much cows walk, eat, sleep, and chew their cud. This information helps farmers know that each individual cow is happy and healthy.



DAIRY COWS RECYCLE!

- Dairy cows turn parts of foods that humans can't or won't eat — like cornstalks and fruit and vegetable peels — into nutritious dairy products.



- Cow manure fertilizes fields and can be combined with leftover human food in a methane digester to make electricity.
- U.S. dairy cows produce lower amounts of greenhouse gases per gallon of milk than cows in any other country around the world.**

HEALTHY COWS HELP KEEP YOU HEALTHY, TOO

- In Maine, milk goes from farm to fridge in 48 hours, so you know it's fresh.



- Each 8-oz. glass of milk includes 9 essential nutrients your body needs.



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



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*Numbers are approximate. Maine Dairy Industry Association

**Innovation Center for U.S. Dairy. (2017). Stewardship and Sustainability Framework for U.S. Dairy. pg. 9: www.usdairy.com/sustainability/commitment/stewardship-and-sustainability-framework-for-us-dairy ‡2016 U.S. Dairy Sustainability Report, Innovation Center for U.S. Dairy



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**

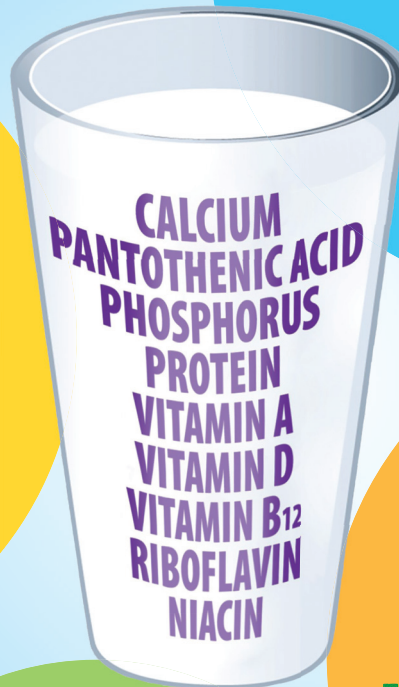
Acres of greenspace preserved: **700,000**



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.**

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*Numbers are approximate.



MAINE DAIRY & NUTRITION COUNCIL

