



Nutrition from your neighbor's farm to your family's table.

U.S. DAIRY IS ON THE PATH TO NET ZERO

By 2050, we will:

- Achieve carbon neutrality or better.
- Optimize our water usage and maximize recycling
- Manage manure and nutrients to improve water quality

U.S. Dairy has always been committed to nourishing people, communities and the planet to foster a sustainable future.

In one decade, we reduced the carbon footprint of each gallon of milk by 79 percent, using 30 percent less water and 21 percent less land - with the simple goal to give more than we take.



To learn more about the Innovation Center for U.S. Dairy, our progress and how we are reaching our 2050 Environmental Stewardship Goals, visit USDairy.com/Sustainability.

How Maine dairy farmers contribute to the national Net Zero Initiative

Dairy farmers are the original stewards of the land. Hundreds of thousands of acres of open pasture, crop land and small woodlands are protected by Maine's dairy farm families.

Through innovation, science and technology, Maine dairy farmers continuously update their practices to lessen their environmental impact and to improve soil quality. Recent advancements include no-till planting of crops, which disturbs less soil, encourages the growth of natural microbes and earthworms, AND promotes

carbon sequestration. Also, farmers are able to select crops that require less pesticide and herbicide use, and manure waste, bedding and water are more efficiently recycled. Farms are actually producing energy with manure and/or food waste, and others are installing solar panels on their barn roofs. Cow nutrition also plays a part in reducing emissions - better nutrition makes cows more efficient, and research on the reduction of carbon emissions through the use of seaweed is happening right here in Maine!



Cottage Cheese and Fruit Blender Ice Cream

Ingredients

1 1/2 cups frozen fruit such as berries or mango chunks
 1/2 cup frozen banana (about 1 small banana), diced
 1 cup cottage cheese (fat level of choice)
 1 Tbsp honey
 2-3 leaves fresh basil or mint (optional)

Instructions

Combine frozen fruit in a food processor or high-speed blender and process until the mixture resembles a thick puree.

Add the cottage cheese, honey and herbs (if using) and continue to puree until the mixture is thick and smooth.

For soft-serve-style ice cream, serve immediately with an additional sprig of fresh herbs, if desired. Alternately, the ice cream can be frozen into a loaf pan for hard-scoop ice cream or frozen into molds for popsicles.

** Tip: For perfectly scoopable ice cream, allow loaf pan to thaw in the refrigerator for 2 hours before serving.*

Recipe from USDairy.com



Maple Milk at home

Making your own maple milk from the comfort of your home is simple.

Mix 1-2 Tbsp of maple syrup into 8 oz of milk depending on desired sweetness.



From Moo to You

Step by step, how milk reaches your table



1

Cows are milked two to three times per day. While milking parlors may vary, the procedure is pretty much the same on every farm. A cow's udder is cleaned and then the milking unit is placed on her teats. A gentle pulsing from the milking machine milks the cow out, usually within about 5 minutes.

2

Milk is cooled and pumped into a bulk tank, where it waits until it is picked up by the milk truck. Before pumping milk into the truck's tank, the driver will take samples to be used later.

3

At the processing plant, milk is tested to ensure it is healthy and no antibiotics are present. If there are any, the milk will not be accepted. Because a single tanker can have milk from multiple farms, those individual samples taken by the truck driver determine at which farm the antibiotics originated, and that farm is responsible for the cost of the entire tanker of milk.

4

Milk is pasteurized for even further safety and then bottled and reaches the grocery store shelves within two days or less of leaving the farm.

