

# COWS UPCYCLE!

**Did you know that cows UPCYCLE?**  
**Upcycling:** Reusing discarded objects in such a way to create a product of higher value than the original.



Did you know

# 80%

of what cows eat cannot be eaten by people?



Dairy cows have a unique 4-chambered stomach, so they can unlock nutrition from parts of plants people can't or won't eat.

Cows upcycle by eating products such as

-  • almond hulls
-  • orange peels
-  • corn husks
-  • cottonseed
-  • spent grains

and turning them into wholesome milk!



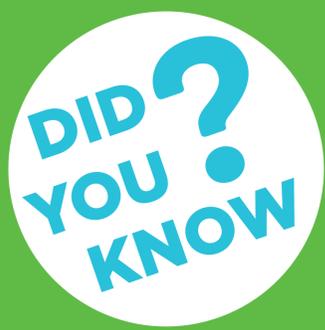
Vitamin D  
Calcium  
Phosphorus  
Vitamin A  
Vitamin B12  
Riboflavin  
Protein  
Potassium  
Magnesium

Dairy farmer Lowell Mueller buys **unused bread from a local bakery** to feed his cows to produce nutrient-rich dairy.



Meyer Dairy receives **spent grains from a local brewery**, a byproduct of production, to feed their cows to produce nutrient-rich dairy.





# FARMERS PRACTICE SUSTAINABILITY!

Did you know that farmers practice **SUSTAINABILITY** Every. Single. Day?

Here's how...

## Water Recycling:

**1** Gallon of water can be used as many as **4** times



## Nutrient Recycling:

Nutrients from cow manure are applied to plant-based croplands as a natural fertilizer.

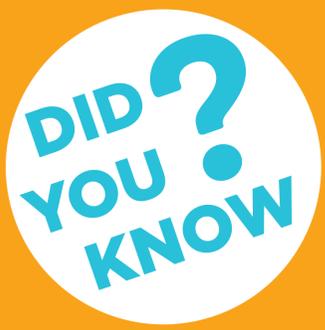


## Energy Recycling:

Harnessing wind and solar power helps keep the earth green.

Adam and Brooke Engelman use a **wind turbine** to help conserve energy on their dairy farm.





# COWS

## NOURISH THE WORLD!



**Did you know that cows nourish communities around the WORLD?**




**Powdered milk produced in the U.S. helps to nourish children and families in**

**77**

**countries**

**around the world!**



**Cheese produced in the U.S. is enjoyed in meals around the globe –**

**100**

**countries**

**in fact!**

**Milk and dairy foods contain much more than just one nutrient. They are a powerful package made possible by the sum of its parts!**



**Milk, cheese and yogurt contribute just**

**10%**

**of calories to the U.S. diet**

**while providing us with**

<b>58% Vitamin D</b>	<b>18% Protein</b>
<b>51% Calcium</b>	<b>16% Potassium</b>
<b>28% Phosphorus</b>	<b>13% Magnesium</b>
<b>28% Vitamin A</b>	
<b>26% Vitamin B12</b>	
<b>25% Riboflavin</b>	

**Dairy packs a punch!**

