



Sustainable Superpowers of Dairy



POW!

Milk's Awesome Nutrition:
vitamins and minerals
for strong teeth and

Cow manure is used to add nutrients to the soil. It's also composted for garden use. On some farms, technology can turn manure into energy to power the farm and community.

Farmers work with dairy cow nutritionists to create the best diet for their cows. They use locally-grown grains and grasses, as well as many things that would otherwise be food waste.

MAINE DAIRY & NUTRITION COUNCIL
DRINKMAINEMILK.ORG

Maine dairy farmers protect hundreds of thousands of acres of pasture, cropland and small woodlands. All of which reduces carbon.

Dairy farmers work hard to always produce milk with less water and land, and shrink their carbon footprint.