



When at the grocery store, you can be sure your milk is from Maine by looking at the plant code on the top of every carton or jug. Maine processors all stamp their milk with a code that starts with 23.

The other two numbers indicate the plant where it was bottled.

HP Hood - 23-03

Houlton Farms Dairy - 23-20

Oakhurst Dairy - 23-01

Smiling Hill Farm Dairy - 23-31

Maine does not currently have an organic milk processor, but you can support Maine organic dairy farmers by purchasing products from Organic Valley and Stonyfield Organic.

Supporting Maine dairy farmers is easy as there are also many options on store shelves for cheeses, ice creams, butter and more that are made with Maine milk. Local dairy products can also be found at farm stores, creameries and specialty shops.



DrinkMaineMilk.org
@DrinkMaineMilk on
Instagram and Facebook

Maine Dairy Farms

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



13 NUTRIENTS IN MILK

VITAMIN D – Helps build and maintain strong bones and teeth. Helps maintain a healthy immune system.

PROTEIN – Helps build and repair tissue. Helps maintain a healthy immune system.

VITAMIN B12 – Helps with normal blood function.

Helps keep the nervous system healthy.

VITAMIN A – Helps keep skin and eyes healthy; helps promote growth. Helps maintain a healthy immune system.

PANTOTHENIC ACID – Helps your body use carbohydrates, fats and protein for fuel.

POTASSIUM – Helps maintain a healthy blood pressure and supports heart health. Helps regulate body fluid balance and helps maintain normal muscle function.

IODINE – Necessary for proper bone and brain development during pregnancy and infancy; linked to cognitive function in childhood.

ZINC – Helps maintain a healthy immune system, helps support normal growth and development and helps maintain healthy skin.

PHOSPHOROUS – Helps build and maintain strong bones and teeth, supports tissue growth.

SELENIUM – Helps maintain a healthy immune system, helps regulate metabolism and helps protect healthy cells from damage.

RIBOFLAVIN – Helps your body use carbohydrates, fats and protein for fuel.

CALCIUM – Helps build and maintain strong bones and teeth.

NIACIN – Used to metabolise energy in the body.



Visit USDairy.org to learn more about the sustainable nutrition of dairy.

Environment is priority for Maine dairy farmers

Climate change impacts dairy farms greatly. Cows are sensitive to the heat, so hotter summers mean increased work and innovation to keep the animals cool and comfortable. Extreme weather such as long drought periods, too much rain, and powerful storms that destroy crops can make it difficult to grow feed for animals or humans. More storms lead to more power outages, which make milking and caring for the cows more challenging, and lead to more impassable roads that keep milk trucks and other services from reaching the farm.

Dairy is part of the solution to feeding the growing population as it is an easily accessible food source that provides essential nutrients such as high-quality protein, calcium, phosphorous and Vitamin D (in fortified milk) in a single, affordable serving. Dairy also wants to be a part of the solution to climate change. The industry as a whole, across the nation, is committed to the following by 2050:

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

Maine dairy farmers steward hundreds of thousands of acres of open pasture, crop land and small woodlands. Through innovation, science and technology, Maine dairy farmers continuously update practices to lessen environmental impacts. An increasingly popular method in Maine is no-till planting of crops, which along with planting cover crops, disturbs less soil, encourages the growth of natural microbes and earthworms, and promotes carbon sequestration. Healthier soil holds onto nutrients rather than those nutrients running off the top of the soil in heavy rain, and it retains moisture to mitigate drought damage.

Advances have allowed farmers to select crops and use methods requiring less pesticides and herbicides and better manage manure waste. Some Maine farms are actually producing



energy and natural gas with manure and/or food waste. Others are powering their farms with solar panels on their barn roofs. Improved nutrition and genetics have also made cows more efficient and could noticeably reduce each animal's carbon emissions in the very near future. Research on the reduction of carbon emissions through the use of seaweed in cow feed has happened right here in Maine!