

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.

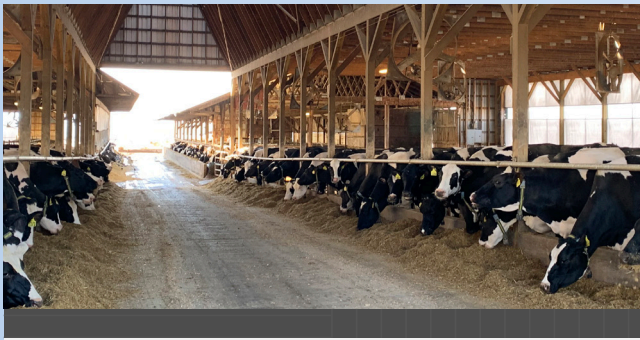


DrinkMaineMilk.org
@DrinkMaineMilk on Instagram and Facebook

Maine Dairy Farms

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





PEOPLE + PLANET + COMMUNITY

Dairy farmers are innovative upcyclers: they upcycle parts of plants like almond hulls and citrus pulp from other local farms to feed their cows, helping to **keep food waste out of landfills.**

Dairy farmers are committed to further **reducing their carbon footprint.**

Dairy cow manure is a **natural fertilizer** that returns nutrients to the soil for **future crops.**

The carbon footprint of a glass of milk is **two-thirds less** than it was 70 years ago, yet it provides all **the same great nutrients.**

The U.S. Dairy community partners with Feeding America to feed hungry people by **increasing the availability of nutritious dairy foods** in food banks.

Milk is **nature's protein drink** as it naturally contains 8 grams of **high-quality protein** in every 8-ounce serving.

Milk contains a **unique nutrient package**, including calcium, vitamin D and potassium, that can fill nutritional gaps in your diet.



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 or too much rain can make it difficult to grow feed for animals or humans. More storms leads to more power outages, which make milking and caring for the cows more challenging, and leads to more impassable roads that keep milk trucks and other services from reaching the farm.

Dairy is part of the solution to feeding the increasing 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 our 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 that require less pesticides and herbicides and better manage manure waste. Some Maine farms are actually producing energy and natural gas with manure and/or

DID YOU KNOW COWS HAVE THEIR OWN NUTRITIONISTS?

COWS ARE RUMINANTS. THEY CAN BREAK DOWN FOODS HUMANS CANNOT AND TURN THAT FOOD INTO ENERGY AND PROTEIN TO CREATE NUTRITIOUS MILK. MANY COWS CAN PRODUCE 10 OR MORE GALLONS OF MILK A DAY!

COWS OBVIOUSLY EAT GRASS
 – FRESH, DRIED AS HAY, OR FERMENTED AS SILAGE OR BALEAGE – AS WELL AS CORN, ALFALFA AND OTHER LOCALLY-GROWN FORAGES. BUT THEY ALSO EAT FOOD THAT WOULD OTHERWISE END UP IN LANDFILLS, A SIGNIFICANT SOURCE OF METHANE.

UPCYCLED FOOD SOURCES FOR COWS INCLUDE:
 WHEY FROM CHEESE AND YOGURT
 CANOLA MEAL
 BREWER'S SPENT GRAINS
 DISTILLER GRAINS
 WHEAT MIDDLINGS
 SEASONAL FRUITS AND VEGETABLES
 SOYBEAN MEAL
 OKARA
 COTTON SEED HULLS
 CITRUS PULP

COWS PRODUCE THE FERTILIZER TO NOURISH THE SOIL THAT GROWS THEIR FOOD AND OURS! MANURE IS ALSO USED TO CREATE ELECTRICITY AND GAS TO HEAT HOMES AND FOR COOKING!

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 animals carbon emissions in the very near future. Research on the reduction of carbon emissions through the use of seaweed has happened right here in Maine!