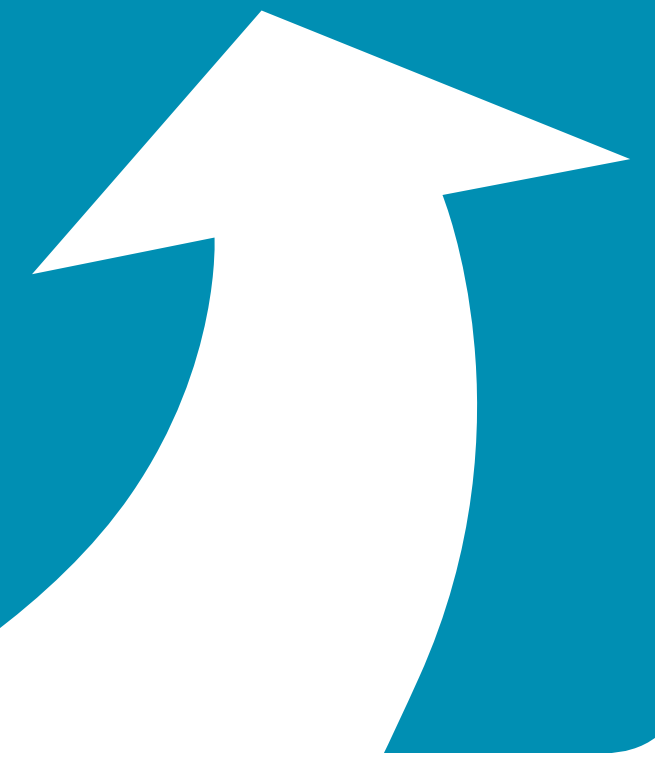




COWS UPCYCLE!

Did you know that cows **UPCYCLE**?

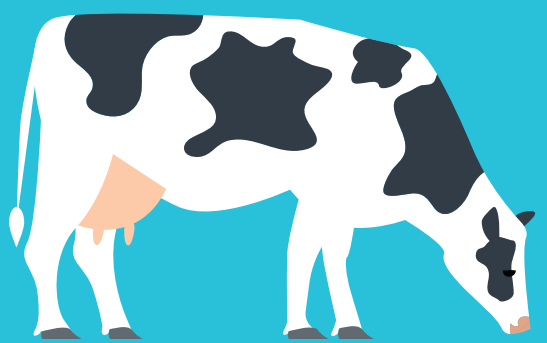
Upcycling: Reusing discarded objects in such a way to create a product of higher value than the original.



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!



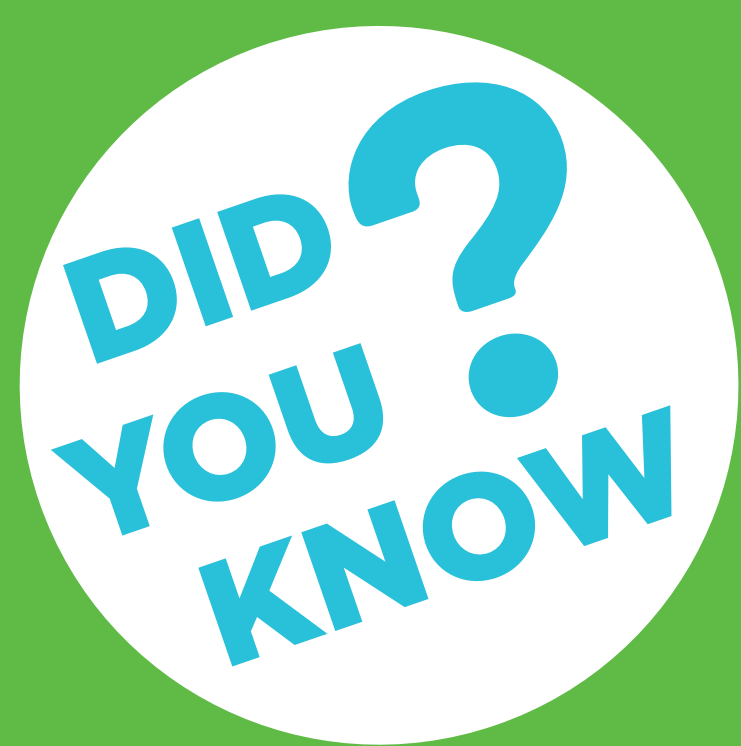
Dairy farmer Lowell Mueller buys **unused bread from a local bakery** to feed his cows to produce nutrient-rich dairy.



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

DairyGood.org





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:

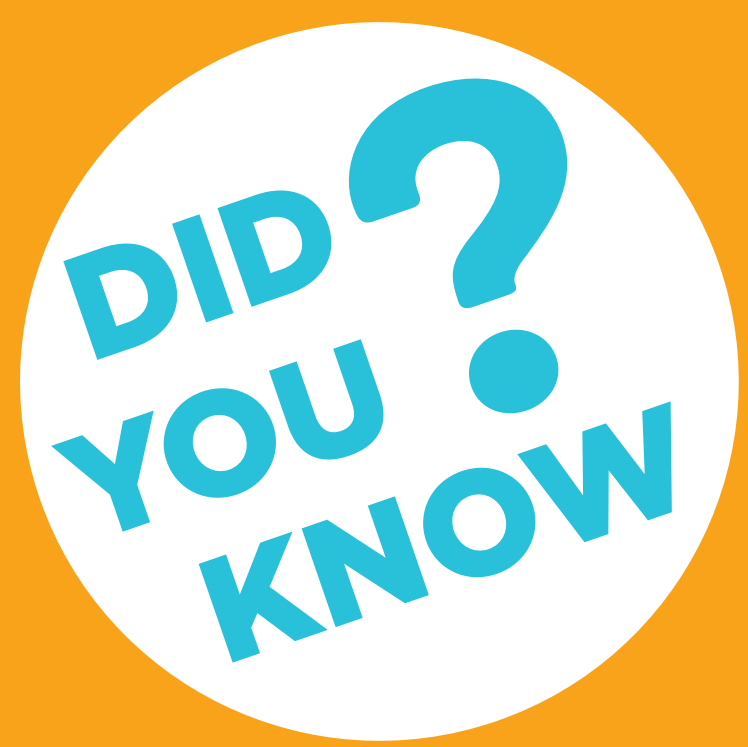
Harnessing **wind and solar power** helps keep the earth green.

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



DairyGood.org





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**

58% Vitamin D
51% Calcium
28% Phosphorus
28% Vitamin A
26% Vitamin B12
25% Riboflavin

18% Protein
16% Potassium
13% Magnesium
**Dairy packs
a punch!**

DairyGood.org

