

# FREQUENTLY ASKED CONSUMER QUESTIONS

## Suggested Answers and other helpful Information

Please remember that when you exhibit your animals at shows and fairs, you are representing all dairy farmers. Consumers have questions about how you care for your cattle and where their dairy products come from. They want to hear from dairy farmers!

### TOP 5 MILK QUESTIONS ANSWERED

#### 1. IS THERE A DIFFERENCE BETWEEN ORGANIC AND REGULAR MILK?

**No.** In terms of quality, safety and nutrition, there's no difference between organic and regular milk. The difference is how they are produced on the farm.

#### 2. ARE THERE ANTIBIOTICS IN MILK?

**No.** All milk – both regular and organic – is tested for antibiotics. Cows sometimes get sick and require medicine, but their milk does not go into the milk supply. If milk tests positive for antibiotics, it is disposed of and never enters the food stream.



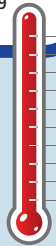
#### 3. IS RAW (UNPASTEURIZED) MILK SAFE TO DRINK?

**No.** Milk should be pasteurized, it's a matter of food safety. Pasteurization is a simple, effective method to kill potentially harmful bacteria without affecting the taste or nutritional value of milk.



#### 4. ARE THERE HORMONES ADDED TO MY MILK?

**No.** Hormones are naturally present in many foods of plant and animal origin, including milk. Some farmers choose to supplement their cows with rbST, an FDA-approved synthetic hormone, to help with milk production. Science shows that it is safe for cows and has no effect on humans or the hormone levels in the milk itself.



#### 5. ARE THERE GMOs IN MY MILK?

**No.** Some cows eat feed containing genetically engineered corn and soybeans which cows digest the same way as they do non-GMO grains.

Sources: Drink-Milk.com/  
TopMilkQuestions.pdf

### 4 COMMON COW CARE QUESTIONS

#### 1. WHAT DO DAIRY COWS EAT?



Dairy cows eat about 100 pounds of feed and drink 30-50 gallons of water (about a bathtub full) each day. Their feed is specially formulated by a dairy nutritionist and is typically a combination of hay, grain, silage and proteins (such as soybean meal), plus vitamins and minerals.



#### 2. WHY AREN'T CALVES KEPT WITH THEIR MOTHERS?



Calves represent the future of the farm so dairy farmers work extremely hard to keep them healthy, which is why newborn calves are moved to clean individual pens like hutches or special calf barns within 24 hours of birth. Newborns have vulnerable immune systems so it is important to protect them from germs in the environment or diseases that can be passed on from adult cows.

#### 3. WHAT HAPPENS WHEN DAIRY COWS GET SICK?



The cows are housed separately, in a hospital pen, so that they can be closely monitored and wear leg bands to make sure they are not milked with the rest of the herd.



#### 4. WHY AREN'T ALL DAIRY COWS OUT ON PASTURE?

The well-being, protection and comfort of cows are top priority on all farms. Access to pasture is determined by geography, land availability and weather conditions. Many of today's dairy farms use "free-stall housing," a type of climate-controlled barn, where cows move about as they choose, equipped with fans, misters, curtains and soft bedding like sand, mattresses or waterbeds to keep them comfortable.



## IS DAIRY GOOD FOR OUR AIR, LAND & WATER?

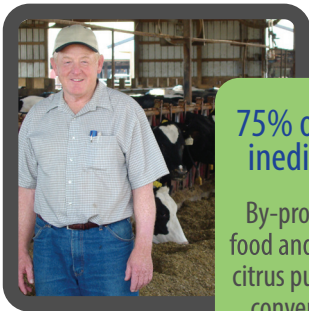
Dairy farmers strive to conserve natural resources and minimize environmental impact.



Today a gallon of milk is produced with  
**65% less water & 63% less carbon**  
than a gallon of milk in 1944



1 cow produces 17 gallons of manure per day - that's enough natural fertilizer to grow  
**84 pounds of tomatoes**  
**56 pounds of corn**  
or it can even be recycled into renewable energy



**75% of a cow's diet is inedible to humans**

By-products from human food and fiber industries like citrus pulp & cottonseed are converted to milk rather than sent to landfills

## 7 STEPS FROM FARM TO FRIDGE

1.



Dairy farmers are committed to providing safe, nutritious milk. To ensure wholesome milk, they care for their cows by providing plenty of nutritious food, clean water and comfortable housing.

2.



Dairy cows eat about 100 pounds of feed and drink 30-50 gallons of water (about a bathtub full) each day. Their meals are specially created by a cow nutritionist to provide the nutrients that cows need.

3.



Dairy farmers milk their cows two or three times a day. It only takes about 5-7 minutes for a cow to be milked! The milking machine gently collects milk from each cow's udder then is quickly cooled to 45 degrees to ensure quality.

4.



Insulated tanker trucks haul fresh milk from the farm to a processing facility. For your safety, milk is never touched by human hands.

5.



Scientists test samples of milk for quality and safety at the processing facility. Milk containing antibiotics is discarded. Dairy foods are some of the safest foods you can purchase.

6.



Milk is standardized to various fat levels (fat-free, 1 percent, 2 percent or 3.5 percent, also known as "whole" milk). It is also pasteurized to kill potentially harmful bacteria without affecting the taste or nutritional value of milk. Finally, milk is homogenized which means the fat in the milk is broken into smaller particles so it doesn't separate and rise to the top.

7.



Refrigerated trucks transport milk and dairy foods to grocery stores or local schools for you and your family to enjoy!

**Connect with us** for science-based dairy nutrition and health information and learn about how dairy farmers care for their cows, their land and the milk they produce.

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