DAIRY FOODS
FROM FARM TO TABLE

Have you ever wondered where your favorite dairy foods come from? Follow milk's journey from West Virginia dairy farms to your table!

REAL MILK STARTS ON THE FARM
Nutritious dairy foods begin with dairy farmers who provide **excellent care** to their cows and land.

West Virginia is home to about 6,000 dairy cows & 50 dairy farms

95% of U.S. dairy farms are family-owned

MILK TRAVELS TO THE DAIRY PLANT
To ensure freshness, milk is transported from the farm to the dairy plant at least every **24-48 hours** by insulated trucks. Milk must pass rigorous tests to ensure **quality and safety.**

Dairy foods are among the safest & most tested foods in the U.S.

Once it is **pasteurized**, the milk is ready to be bottled or made into cheese, yogurt, and other dairy foods.

DELIVERED FRESH
Milk arrives at your grocery store in as little as **48 hours** or at your school within **72 hours** after leaving the farm.

MILK MAKES THE GRADE
Milk contains 9 essential nutrients, including **protein, vitamin D and calcium!**

West Virginia dairy farms produce about 10.5 million gallons of milk annually

There are about 36,000 U.S. dairy farms

West Virginia DEPARTMENT OF EDUCATION

American Dairy Association MIDEAST