



For the COWS

Raising healthy cows

Dairy farmers team up with veterinarians and animal nutritionists to ensure their cows grow healthy and strong. The veterinarian will give the cows a regular check-up to make sure they are healthy, while the nutritionist combines feed ingredients to meet the nutritional needs of the cow.

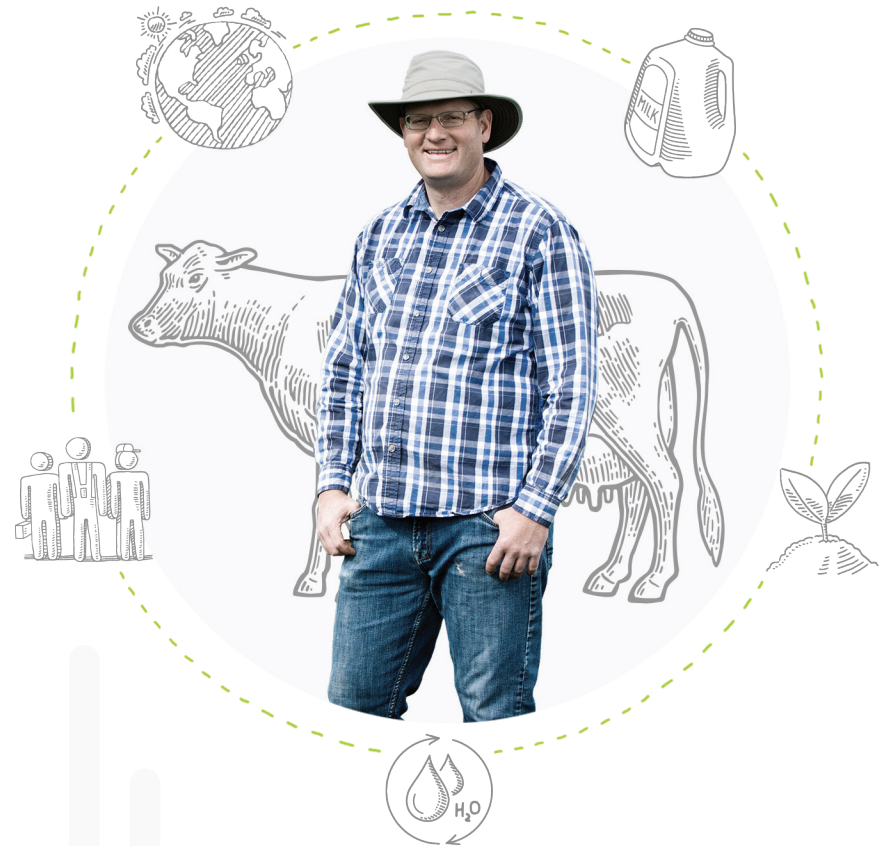
Cows: natural upcyclers

A cow's four-chambered stomach makes them natural recyclers because they're able to eat by-products that humans simply couldn't, well, stomach! That is why after producing food for people (like sugar from sugar beets) and material (like cotton), many companies pass along the leftover, unused plant parts for use as nutritious feed for cows.



Made with 100% recycled paper

Dairy Farmers: Making Sustainable Attainable



You already know that dairy foods are a great source of nutrition for you and your family. But what you might not know is that the dairy community is committed to providing that nutrition to you responsibly and sustainably. Discover what farmers are doing to help build a better, brighter and healthier future—for the people, for the planet and for the cows, too!

unbottled.

Brought to you by local dairy farm families

Think globally, eat locally

Most of the dairy products you buy are produced within 200 miles of your home, and milk makes it from farm to store in just two days. Less transportation involved and less time means less impact on the environment, too. And dairy is also key to our region's economy. The dairy community in Idaho and Utah supports over 70,000 jobs across our two states!

Dairy helps sustain our health, as well. Dairy products provide more than half of our nation's daily intake of calcium and vitamin D, and 18% of our daily protein needs.

For the people



For the planet



Here's to smaller carbon hoofprints

The dairy community has always been dedicated to reducing its impact on the environment—and as recent statistics show, those efforts are paying off. Today, producing a gallon of milk results in 19% fewer greenhouse gas (GHG) emissions than it did in 2007. And, we're not stopping there. The dairy community is committed to being GHG emissions neutral or better by 2050.

Re-re-re-recycling water

On a dairy farm, water can be recycled up to four times. It's used for things like chilling the milk that cows produce, cleaning barns, equipment and in the end is often used to irrigate the farm's crops.

At the end of it all: manure!

Very little on a dairy farm goes to waste—including a cow's waste! Rich in nutrients, cow manure naturally fertilizes the land to revitalize the soil and grow more crops for both people and animals. Today dairy farmers are using new technologies to turn manure into valuable compost, biogas or other value-added products.