

Feed the people. Protect the planet.

From farm to table, dairy is a pivotal solution for sustainable nutrition.

A true superfood. Milk is a good source of 13 essential nutrients – including three Americans are lacking. A glass of milk or a bowl of yogurt makes a huge nutritional contribution.

Amazingly affordable. Milk costs less than ~25 cents per 8-ounce serving.

Efficient for humans and cows. Cows make this superfood by eating a diet that's 80% inedible to humans; things like grass, hay, almond shells and cottonseed hulls, that would otherwise end up in a landfill.

Local. Family. Farming. 95% of American dairy farms are owned by families just like yours. They care deeply about creating high-quality dairy products while caring for their cows and the land they'll pass on to their children.

Quality animal care. Cows are the center of the dairy farm and caring for them is a priority. Dairy farmers work 365 days a year making sure they have nutritious food, clean water, comfortable bedding and regular veterinary care.

Environmentally friendly production. Producing one gallon of milk creates a 19% smaller carbon footprint (and involves 30% less water and 21% less land) than it did 10 years ago.

What is sustainable nutrition? Sustainable nutrition is the ongoing science-based pursuit of affordable, accessible, nutrient-rich foods that can nourish the world's growing population, support our farmers and protect environmental resources for future generations.

Why sustainable nutrition? Sustainability means nothing if it doesn't include sustaining the farms that provide our food, fiber and fuel. Dairy farmers take pride in protecting the land, caring for their animals and producing high-quality milk – and they're more essential than ever.

Dairy MAX
YOUR Local Dairy Council

See for yourself

Take a 360 tour across some real dairy farms.

10 ways dairy farmers protect the planet

Air

1. Dairies reduce odor and keep the air fresh using specially formulated cow diets; air filtration systems in the barns; and specially treated, lined lagoons that store waste.

Waste

2. Manure becomes fertilizer on the dairy as well as on surrounding farms and at local plant nurseries.

3. Some farms even have methane digesters that convert waste into electricity.

Water

4. Manure as fertilizer also reduces the amount of groundwater needed to grow crops.

5. Water is reused several times: to cool the milk though a heat exchanger; as drinking water for the cows; then to clean the milking parlor, barn alleys and walkways; and, finally, to irrigate fields.

Regulations

6. Dairies are regulated by the Environmental Protection Agency, Natural Resources Conservation Service, state departments of agriculture and local governments.

7. Dairies follow detailed manure recycling plans that are continually updated.

8. Dairies must obtain special permits that hold them accountable for the animals and waste they manage.

9. Dairies undergo scheduled and surprise inspections from state and federal employees.

Research

10. Dairy farmers spend millions of their own dollars to find new ways to protect natural resources.

