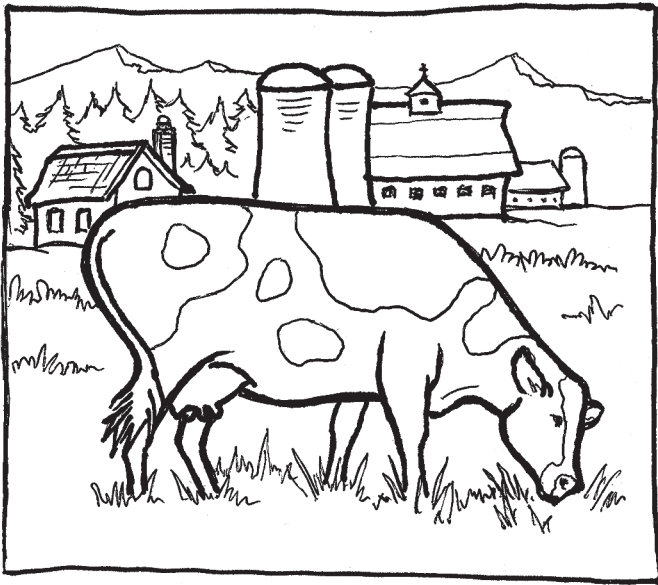


# MILK- FROM COW TO YOU!



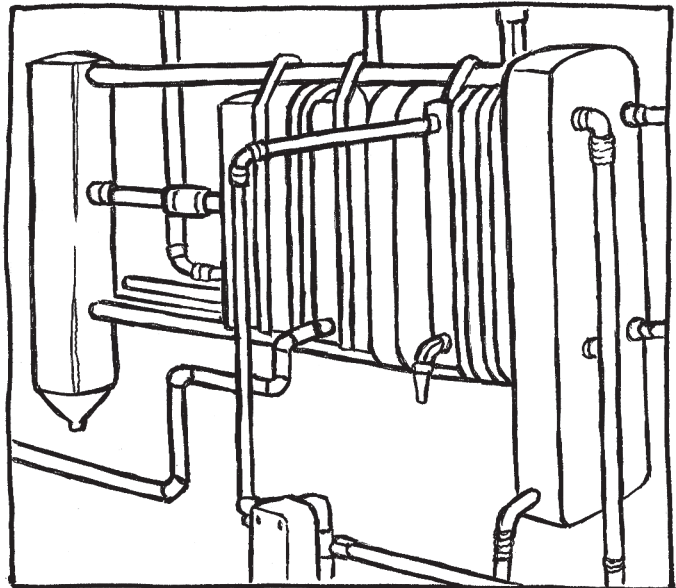
**1.** Milk comes from healthy, well-fed cows that are raised on dairy farms.



**2.** Before milking, a cow's udder is washed. Then, she is milked by machine. This happens at least twice each day.



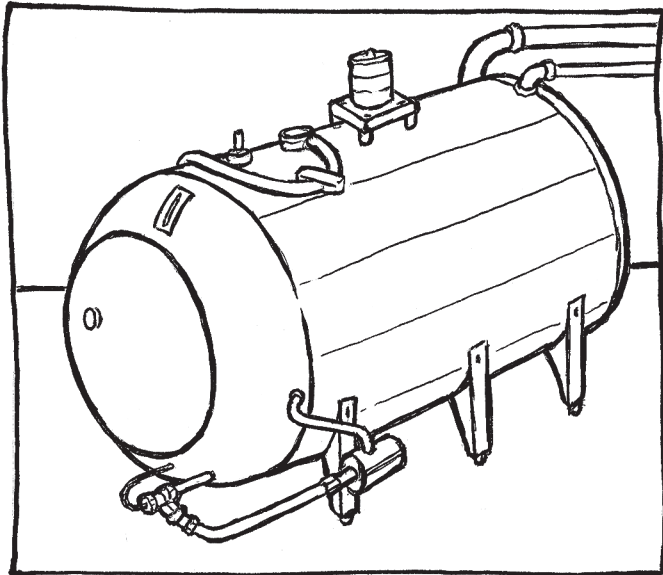
**3.** At the dairy plant, the milk is kept cool and tested many times for quality and composition.



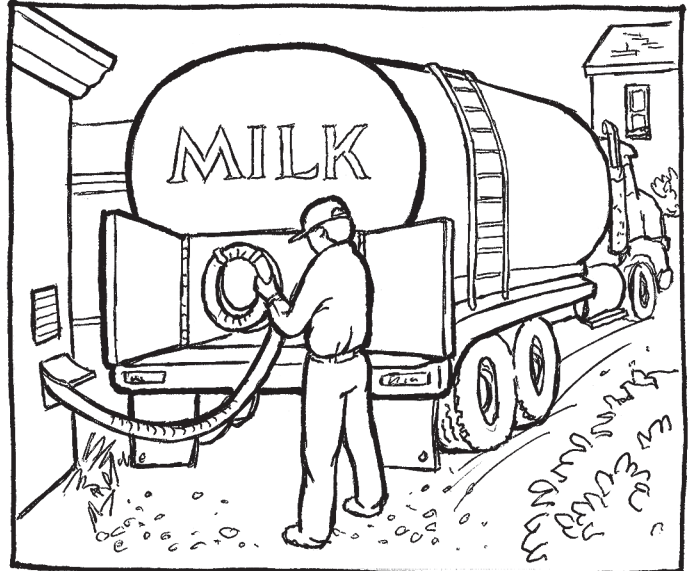
**6.** Then the milk is heated or "pasteurized." This is another important step to ensure that milk is safe and wholesome.

# MILK - FROM COW TO YOU!

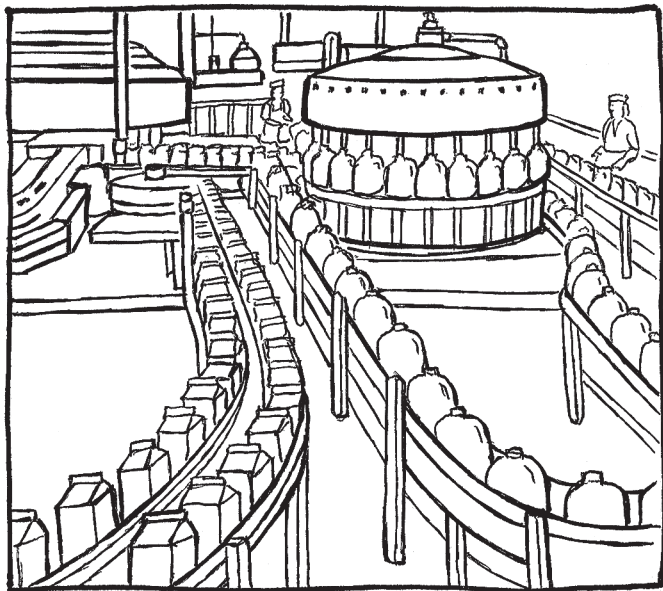
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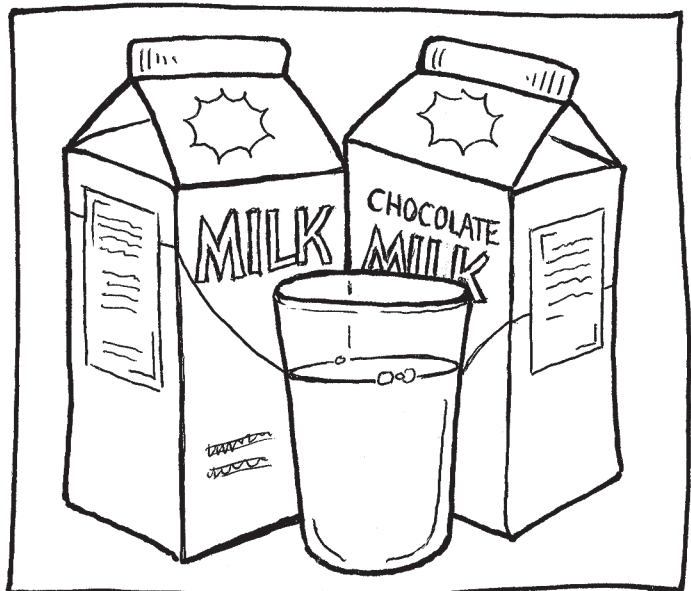
**3.** The fresh milk from the cow is pumped through pipes into a refrigerated tank in the farmer's milk house. There it is cooled and kept fresh and safe.



**4.** Each day a special refrigerated truck, called a tanker, comes to the farm to pick up the cold milk and deliver it to the dairy plant.



**7.** The milk is cooled again and put into cartons or jugs. The packaged milk is stored in a refrigerated room.



**8.** The milk is then loaded onto refrigerated trucks and delivered to schools, restaurants and supermarkets. Fresh, cold, nutritious milk delivered from cow to you!

