

Our  
dairy cows  
send their best.





Find more activities and dairy  
farm information at

[odncouncil.org](http://odncouncil.org)

For more information, contact the  
Oregon Dairy and Nutrition Council at

503-229-5033

[info@odncouncil.org](mailto:info@odncouncil.org)



## **Milk** starts on the farm.

**Milk comes from healthy, well-fed cows. Oregon's dairy farm families make sure each cow gets a nutritious diet, a comfortable place to live, exercise and regular health care check-ups.**



## **Cows** love the milking parlor.

The cow's udder is washed first. Then the milking machine is attached and the milk travels from the cow through pipes to the milk storage tank. Cows like to be milked two or three times a day.



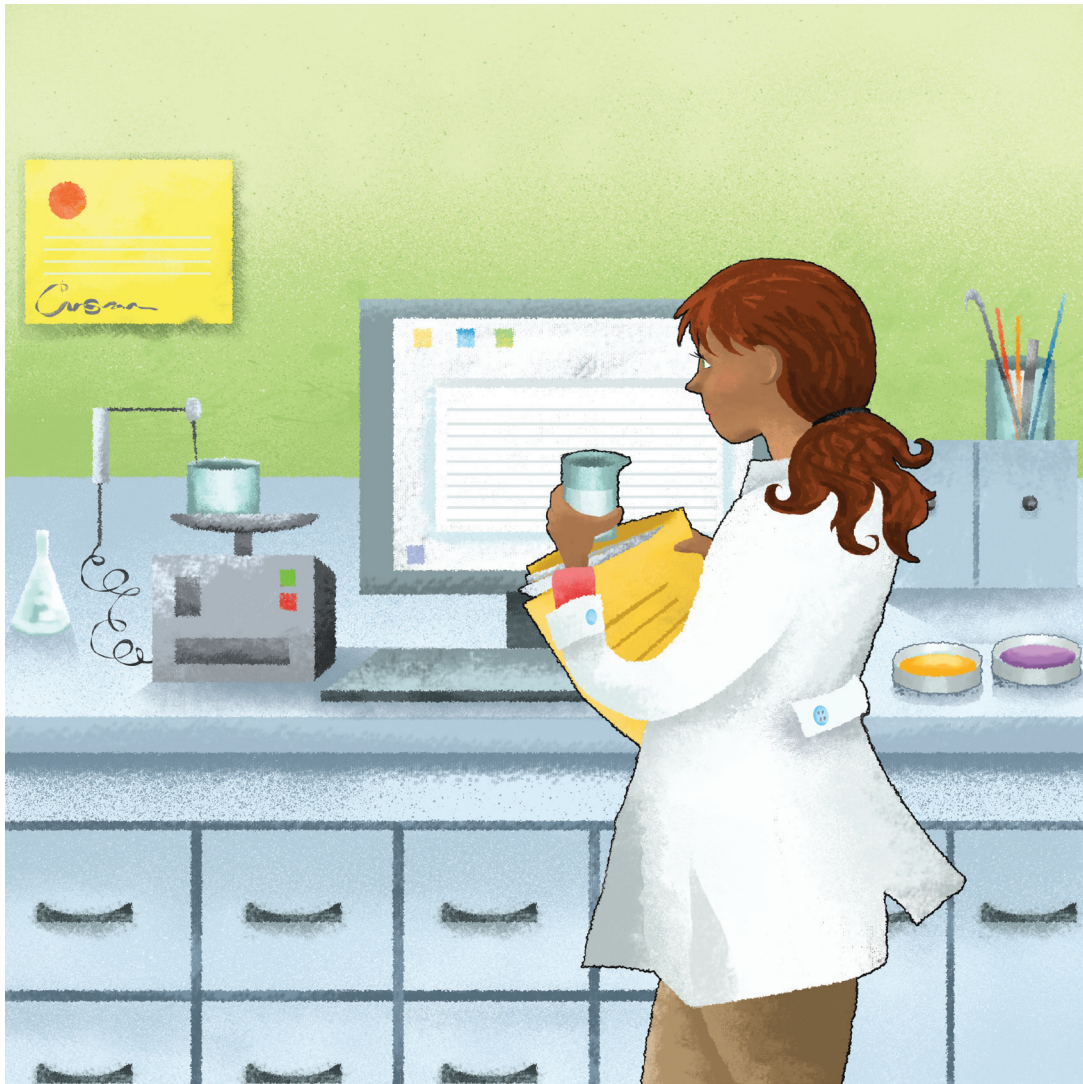
The **milk tank** keeps things cold.

The milk is cooled as it moves to the refrigerated milk tank, which keeps the milk cool, fresh and safe.



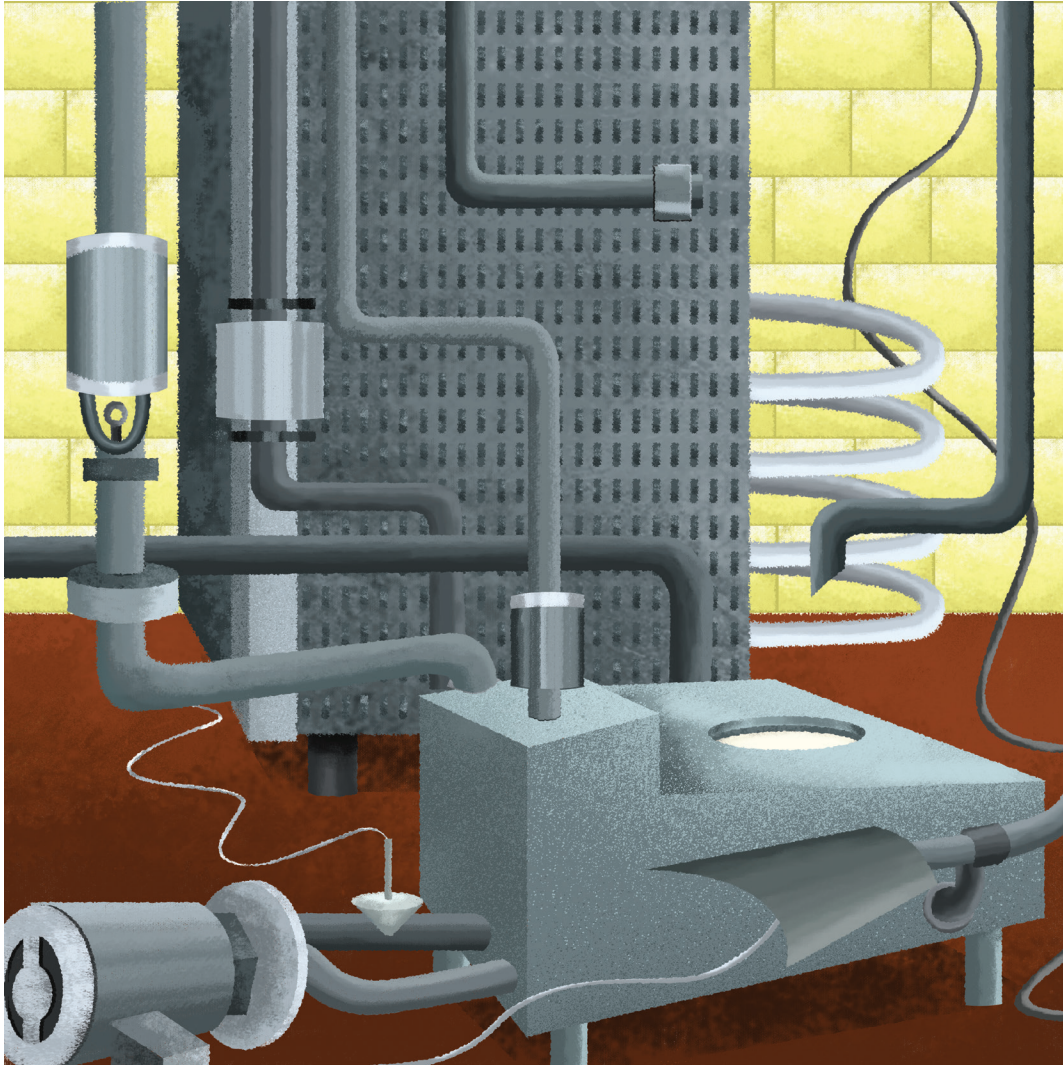
Then a **truck** picks up the milk.

Milk is picked up from the farm every day, and it is tested for quality and safety. The tanker truck hauls milk to the dairy plant – sealed and refrigerated the whole way.



## Testing continues at the plant.

Milk is tested again and again at the dairy plant for safety and quality. If it fails, the milk is discarded.



## **The dairy plant pasteurizes the milk.**

The milk is quickly heated and then cooled again at the dairy plant—a process called pasteurization that ensures milk is safe and wholesome.





**Milk is packaged in the plant.**

Once cooled, the milk is packaged in jugs or cartons. Then it's stored in a refrigerated room.



**Milk is delivered fresh to you.**

**Milk is transported in refrigerated trucks to schools, grocery stores, and restaurants. Always fresh, cold and nutritious.**



**Milk and dairy products are nutritious and delicious.**

**Milk is also made into yogurt, cheese, ice cream, butter and other tasty products.**

## Cow jokes for you to share.

<p><b>Why can't you tell a cow a joke?</b> Because they already herd it. And because milk might come out of their nose.</p>	<p><b>What did the cow say to the calf?</b> It's pasture bedtime!</p>
<p><b>What do you call a cow in an earthquake?</b> A milkshake.</p>	
<p><b>Knock knock.</b> Who's there? Interrupting cow. Inter ... MOO!</p>	<p><b>What do cows do in their spare time?</b> Go to the moo-vies.</p>
<p><b>How do you count cows?</b> With a cowculator.</p>	
<p><b>What do you call a cow with a sense of humor?</b> Cowmedian.</p>	
<p><b>How do you spell cow in 14 letters?</b> See oh double you.</p>	

# Connect the dairy dots.



## Dairy word search.

L W N H E Y C C Q K  
U Q F R R S P U T C  
N H B I A U E S N A  
C S A U X E A E H N  
H D C Z Y F L P H S  
M G I H K O B E M C  
R E E A O H G A E K  
A R E M D O A U W E  
F R M I L K L L R X  
B H E A L T H Y D T

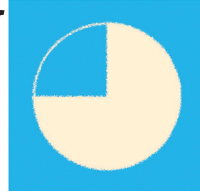
BREAKFAST  
CHEESE  
DAIRY  
FARM

HEALTHY  
LEARN  
LUNCH  
MILK

SCHOOL  
SNACK  
YOGURT

## Did you know?

75% of a cow's diet is inedible by humans. Cows can digest parts of plants that people can't eat.



Milk is used to make dairy foods like cheese, yogurt, butter and ice cream. Yum!



Cows are treated so well some have their own waterbeds and backscratchers.



Milk became Oregon's official state beverage in 1997.



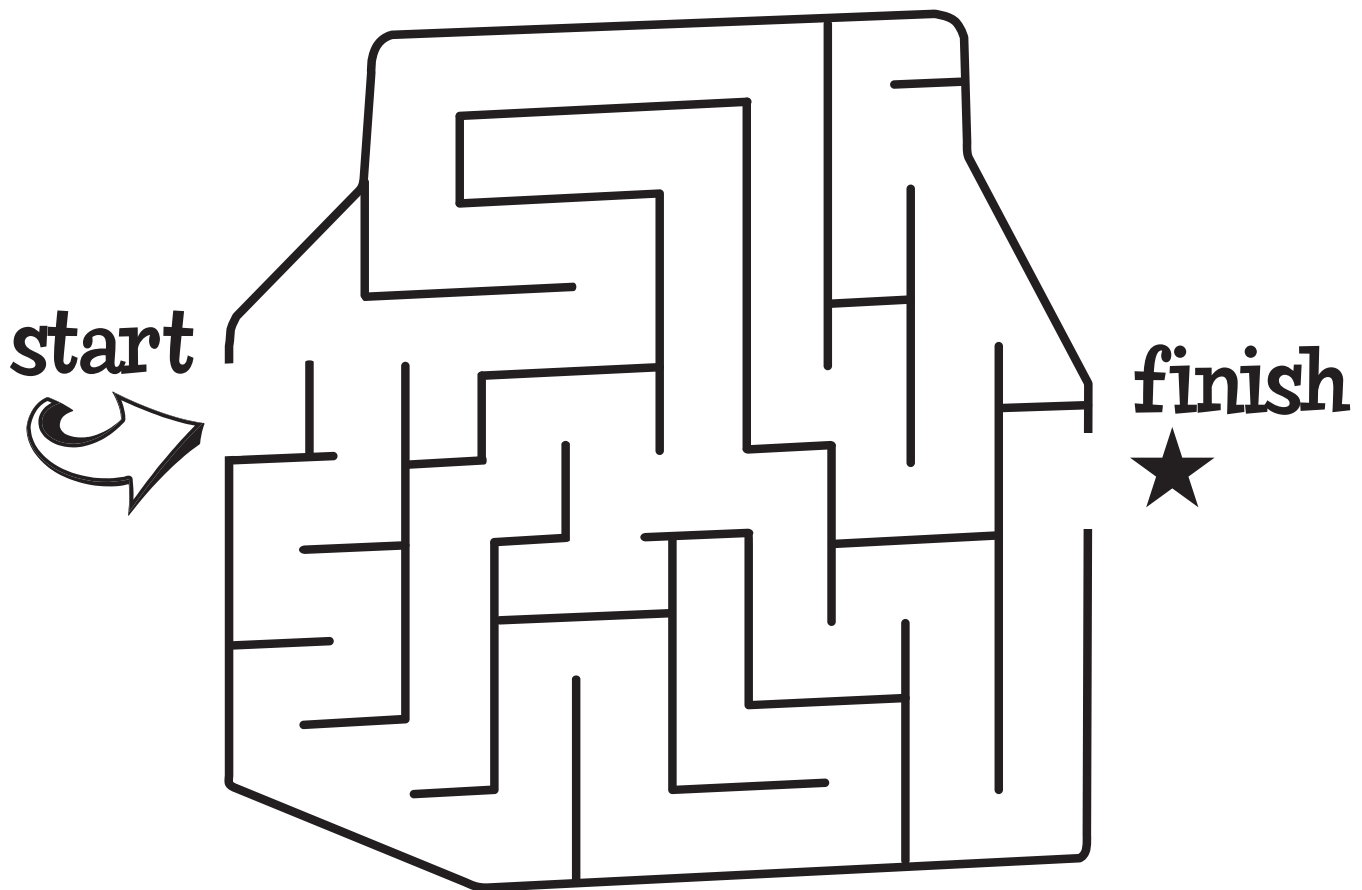
Milk is local! It takes just 48 hours for milk to get from the cow to the grocery store.



Dairy cows first arrived in Oregon in 1838. Today there are dairy farms in 21 Oregon counties.

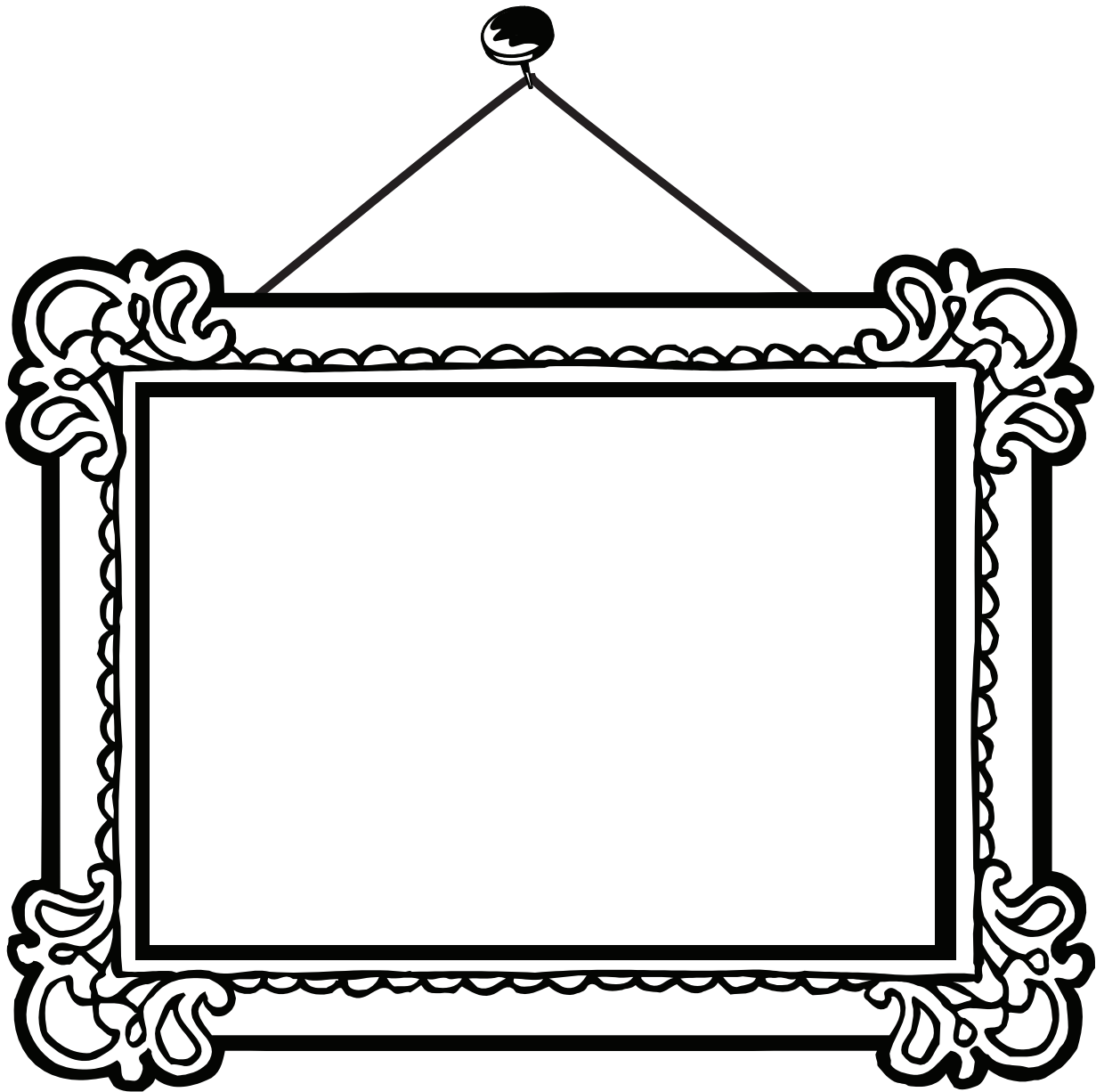


Find your way through  
the school milk maze.

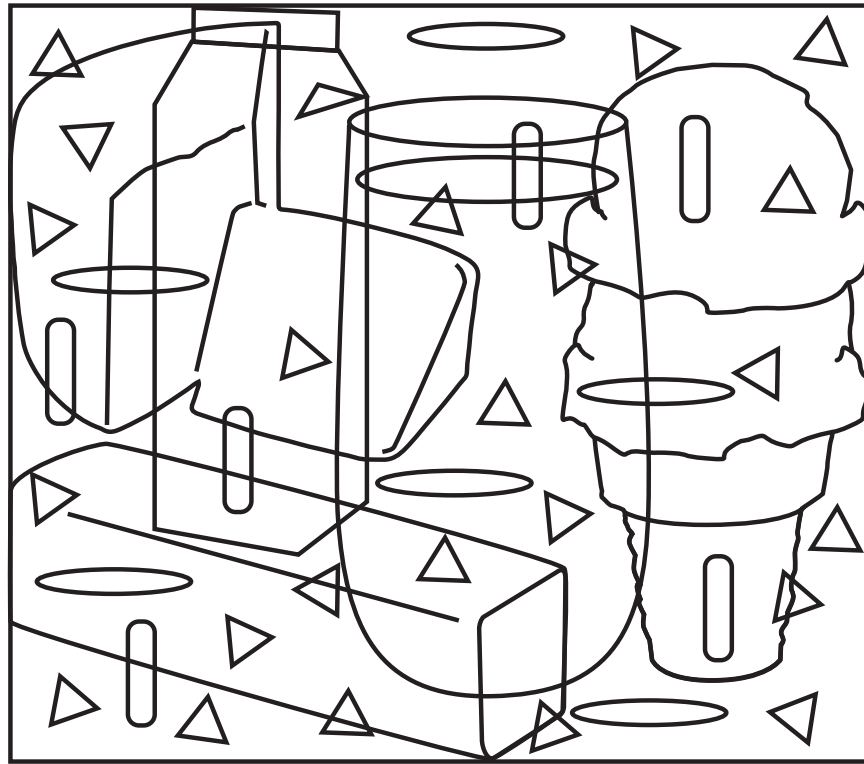




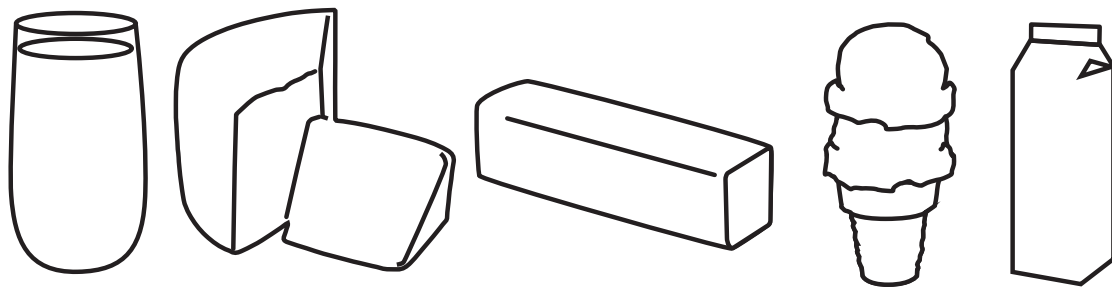
Draw a dairy farm scene  
in the frame below.



# Dairy treasure hunt.



Find these dairy products  
in the picture above.



# Make this healthy smoothie at home.

Ask an adult for help.

## Banana Berry Blast:

- 1 banana
- 1 cup fresh or frozen berries  
(any kind)
- 6 oz. yogurt  
(plain or vanilla)
- 1 cup milk



**In a blender, mix until smooth.**

Add more milk if you want a thinner smoothie.

# Brought to you by Oregon's dairy farm families



Milk is a nutritional powerhouse packed with calcium and eight other essential nutrients that fuel your body and strengthen your bones. With so many delicious products to choose from, there's something for every member of the family.

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