

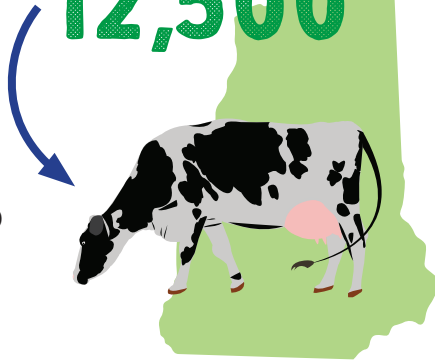
WHAT'S YOUR NEW HAMPSHIRE MOO I.Q.?

Boost your dairy smarts with these amazing facts about dairy farming. Remember: The milk, yogurt, cheese, butter, ice cream, and other dairy products you enjoy start with cows on New Hampshire family dairy farms.

NUMBERS TELL THE STORY*

- There are 12,500 cows on 120 dairy farms in New Hampshire, helping to preserve 10,700 acres of land — that's as much land as New Hampshire's biggest state park!
- Each dairy cow produces 128 glasses of milk a day. That's more than 1,600,000 glasses of New Hampshire milk every day — that's a lot of milk!

12,500



DAIRY FARMS SUPPORT NEW HAMPSHIRE'S ECONOMY

- Dairy farm families work 365 days a year to support the local economy.



- 97% of New Hampshire dairy farms are owned and run by families. They do a lot themselves but rely on experts from the community to support their business, including dairy nutritionists, tech experts, environmentalists, veterinarians, mechanics, carpenters, and more.

MEET NEW HAMPSHIRE'S DAIRY COWS



- Dairy cows aren't always black and white. You can find many different breeds, including Holstein, Jersey, Brown Swiss, Ayrshire, Milking Short Horn, and Guernsey. Do you know which breeds are shown here?†



LIKE TECH? SO DO DAIRY FARMERS!

- Dairy farmers can use robots, transponders (like "fitbits"), and other high-tech devices to care for their cows.
- Transponders can track important information like how much cows walk, eat, sleep, and chew their cud. This information helps farmers know that each individual cow is happy and healthy.



DAIRY COWS RECYCLE!

- Dairy cows turn parts of foods that humans can't or won't eat — like cornstalks and fruit and vegetable peels — into nutritious dairy products.



- Cow manure fertilizes fields and can be combined with leftover human food in a methane digester to make electricity.
- U.S. dairy cows produce lower amounts of greenhouse gases per gallon of milk than cows in any other country around the world.**

HEALTHY COWS HELP KEEP YOU HEALTHY, TOO

- In New Hampshire, milk goes from farm to fridge in 48 hours, so you know it's fresh.



- Each 8-oz. glass of milk includes 9 essential nutrients your body needs.



VISIT WWW.NEWENGLANDDAIRY.COM TO LEARN MORE ABOUT DAIRY FARMS IN NEW HAMPSHIRE.



*Numbers are approximate. Who's Who in NH Agriculture, NH Department of Agriculture March 2018, USDA New Hampshire State Agriculture Overview 2017, www.FarmLandInfo.org

**Innovation Center for U.S. Dairy. (2017). Stewardship and Sustainability Framework for U.S. Dairy. pg. 9: www.usdairy.com/sustainability/commitment/stewardship-and-sustainability-framework-for-us-dairy

† The cow breeds shown are (left/right) Jersey and Brown Swiss.