

10 SCHOOL MILK FACTS

- 1** There are no antibiotics in school milk. Farmers work with their veterinarians to provide medicines to cows only when they are sick. Cows treated with antibiotics are milked separately and the milk is discarded until they finish their course of medication.
- 2** Milk is tested for safety at the farm and at the plant. This includes testing for the presence of antibiotics. If the milk tests positive at the plant, the milk is disposed of, and the responsible farmer is liable for the cost of all the wasted milk.
- 3** There are no added hormones in school milk. Hormones are chemical messengers found in all plants and animals. Just like any other plant or animal, cows make hormones for proper body function. Hormones are naturally present in many foods of either plant or animal origin.
- 4** Lactose-free dairy is available for people with [LACTOSE INTOLERANCE](#). Lactose-free milk has been pretreated with the lactase enzyme or ultra-filtered to remove the lactose. People with lactose intolerance can enjoy lactose-free milk, aged cheeses, and yogurt, which are all low in lactose.
- 5** There are dairy farms in every New England state. It takes as little as 48 hours for milk to make it from the farm to your school or local grocery store.



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6 A cow gives milk when she is healthy and comfortable. [NEW TECHNOLOGIES](#) like automatic feed pushers, activity trackers, and back scratchers help farmers take care of their cows' wellbeing.

7 Cows are milked 2-3 times a day. Milking machines mimic a calf nursing and cows on farms with [ROBOTIC MILKERS](#) create their own milking schedules.

8 A calf's immune system develops in the first few months of life. [HOUSING CALVES SEPARATELY](#) from older cows helps protect against the spread of illness, avoid potential injury, and allows farmers to monitor calf health more easily.

9 Cows are natural up-cyclers. Cows can digest foods that humans can't or won't such as cotton seed, spent brewers' grain, and discarded produce. For example, some dairy cows in New England eat juiced cranberries as part of their diet and turn them into milk.

10 Dairy farmers do what's right for their cows and community. Through the [FARM](#) program they work with third party evaluators to meet the highest standards focusing on animal care, environmental stewardship, antibiotic use, workforce development, and biosecurity.

