



New England  
**Dairy**

# **Where Our School Milk Comes From:** A conversation with a New England Dairy Farmer

# Thank You for Being Our Heroes!



# Webinar Housekeeping

- You are muted
- Write questions in the Q&A box
- Evaluation and CPE certificate will be emailed after the webinar
- Funding for this project was paid for by New England Dairy and the Connecticut Milk Promotion Board.
- Stay connected by following:
  - @NewEnglandDairy
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New England  
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# Learning Objectives

- Explain how milk flows from farm to school in the Northeast region.
- Describe several ways dairy farmers care for their cows.
- Identify sustainable practices on dairy farms to care for the land and protect our environment.
- Explain how advances in technology improve cow care and environmental stewardship.

**Suggested Professional Standard Code:**

1300 General Nutrition

# Agenda

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Welcome & Introductions

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Dairy Farming & Foods in the Northeast

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Oversight

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Animal Care

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Environmental Stewardship

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Questions & Next Steps

# Today's Presenters

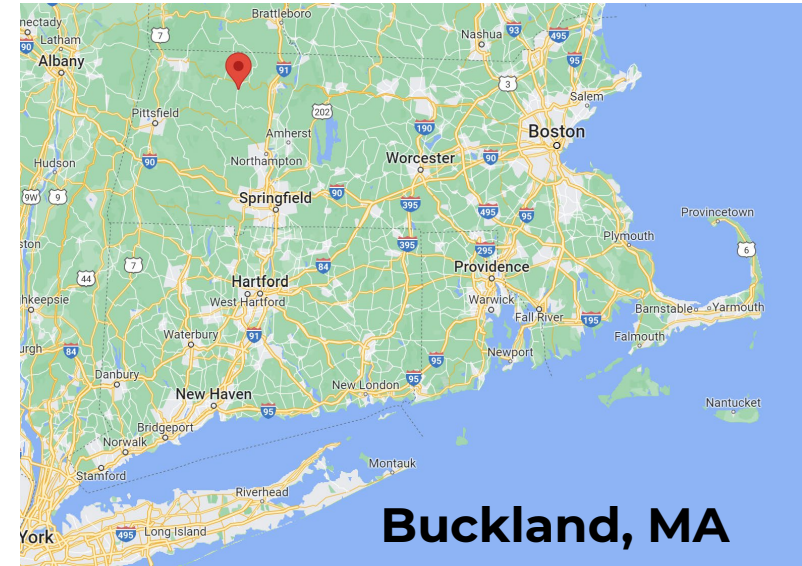


Amanda Aldred, RD, SNS  
New England Dairy



Melissa Griffin  
Dairy Farmer  
Clessons River Farm  
Buckland, Massachusetts

# Clessons River Farm



## Poll Question:

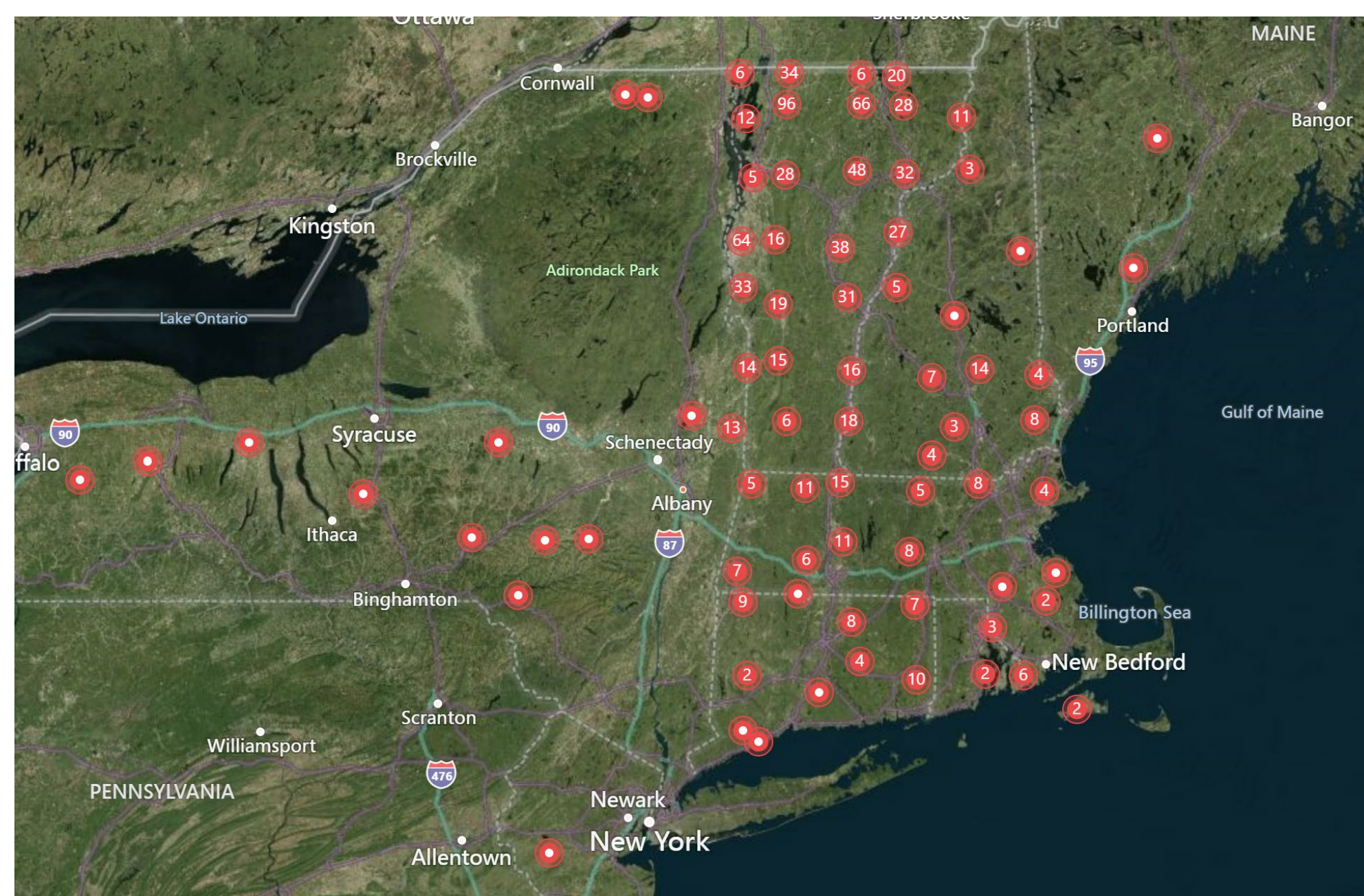
Most school milk in New England comes from across the country.

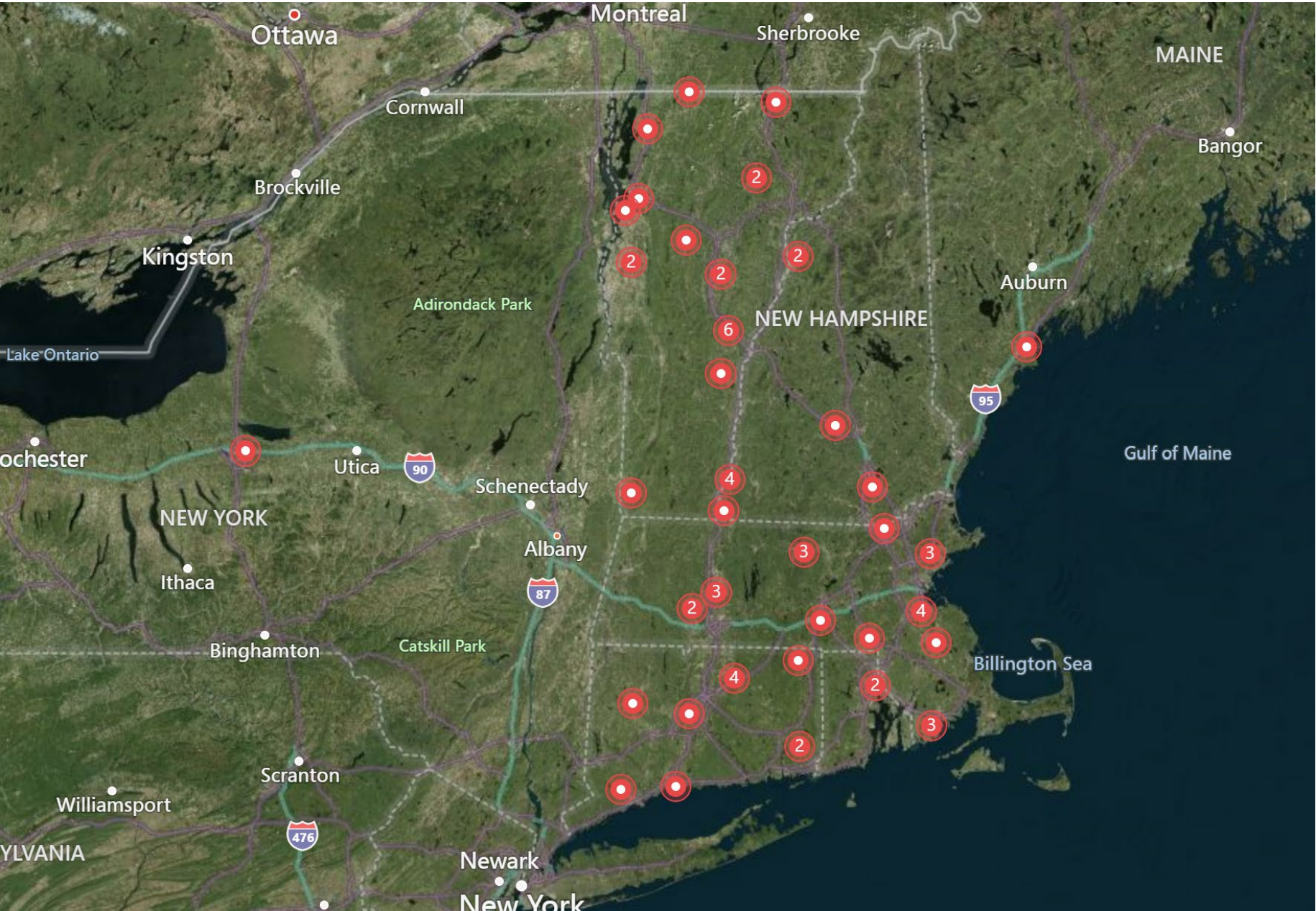
- a) True
- b) False



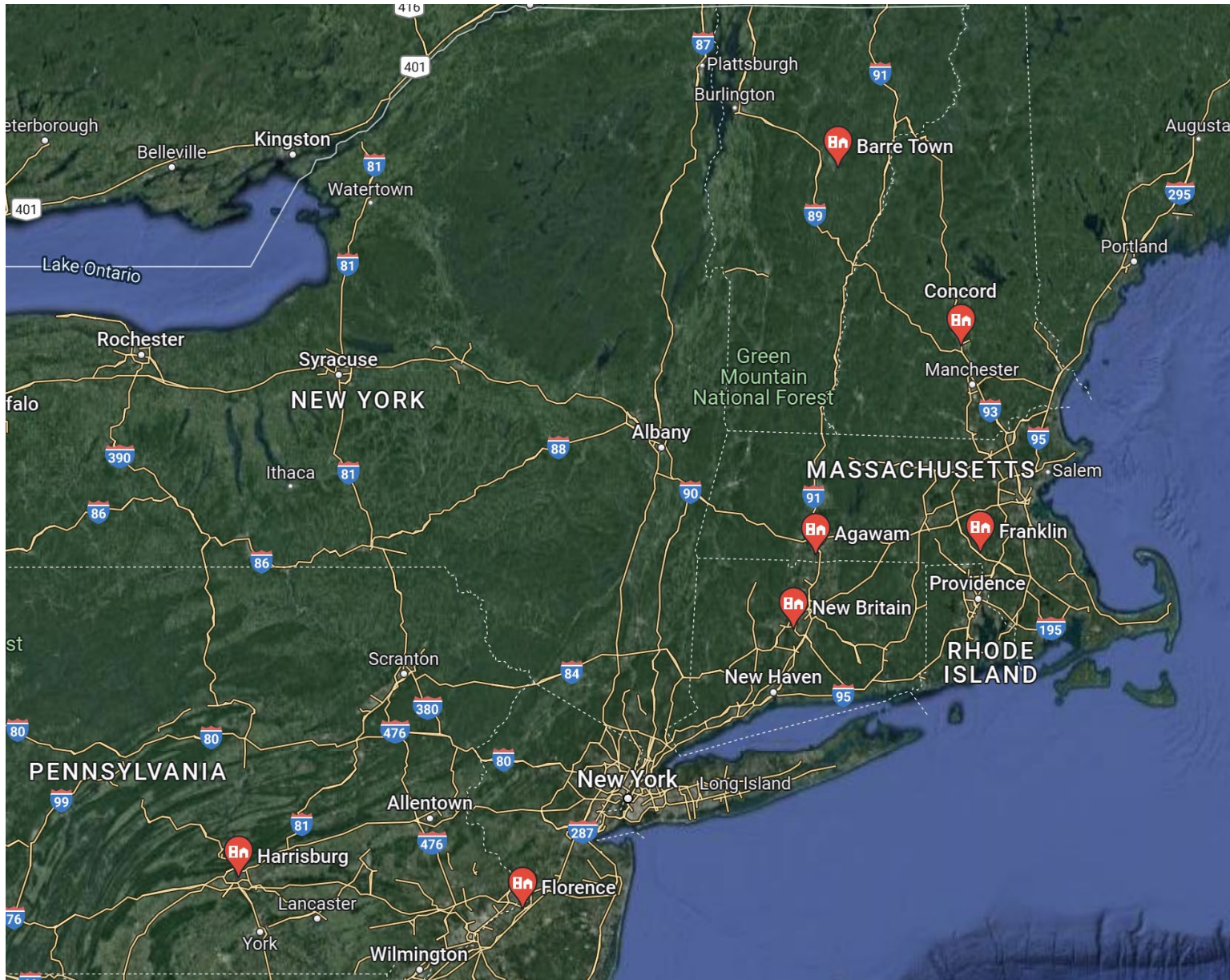
# The flow of milk in the Northeast

# Dairy Farms



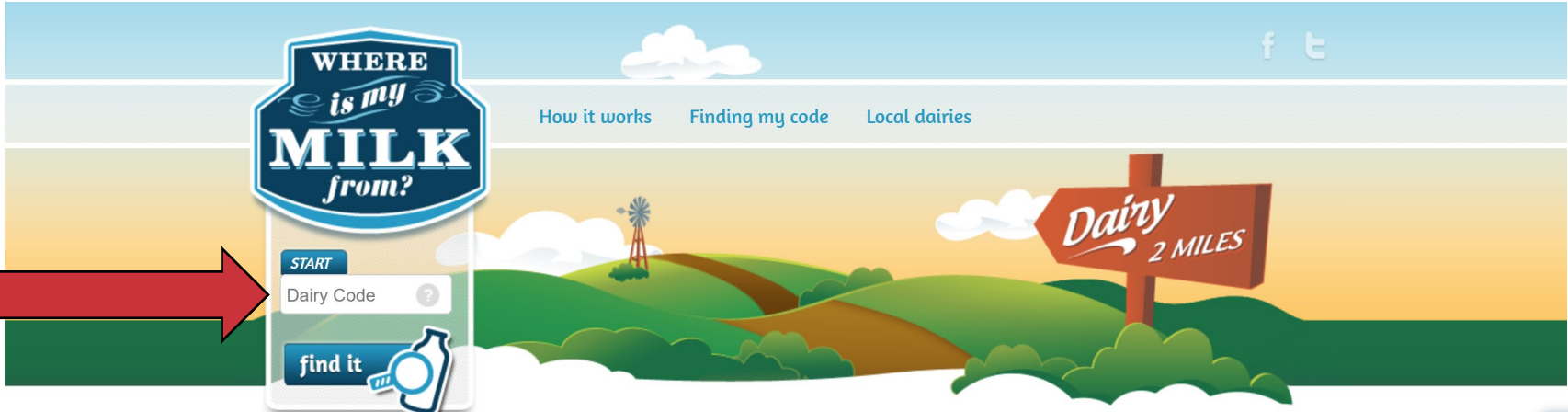


# Dairy Processors



# School Milk Processors

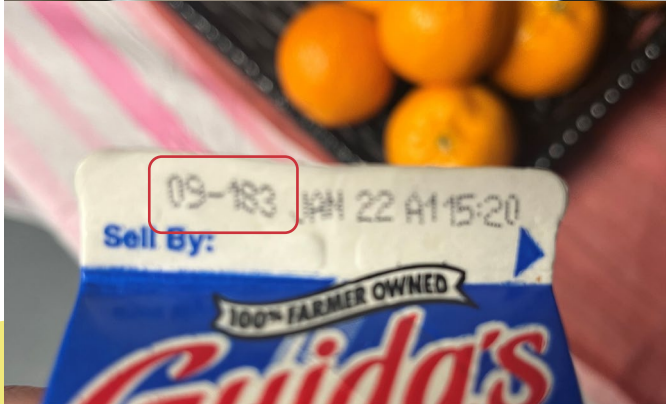
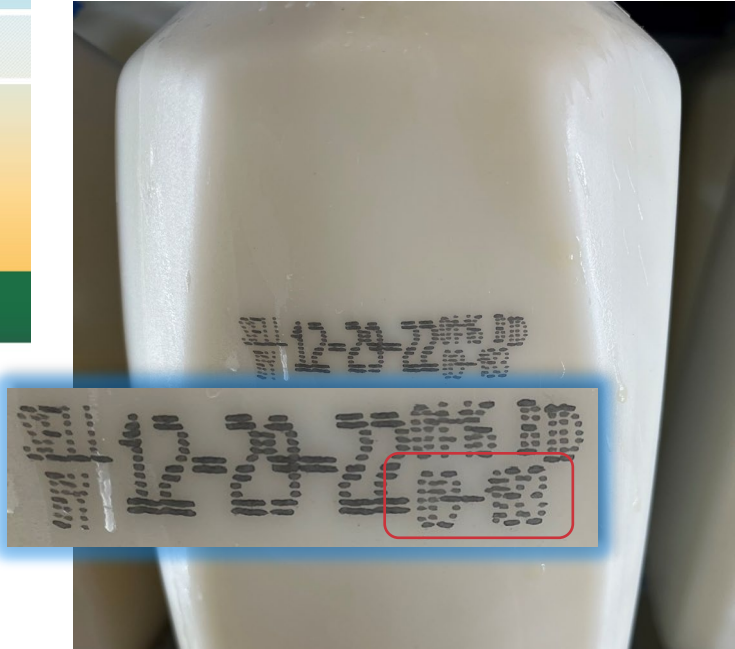
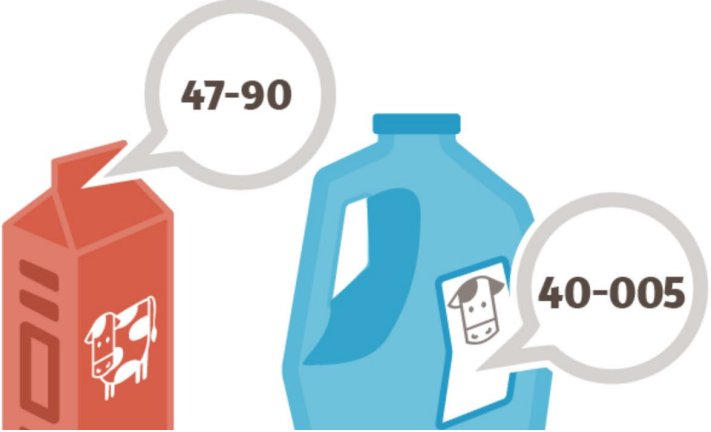
# Where is my milk from?

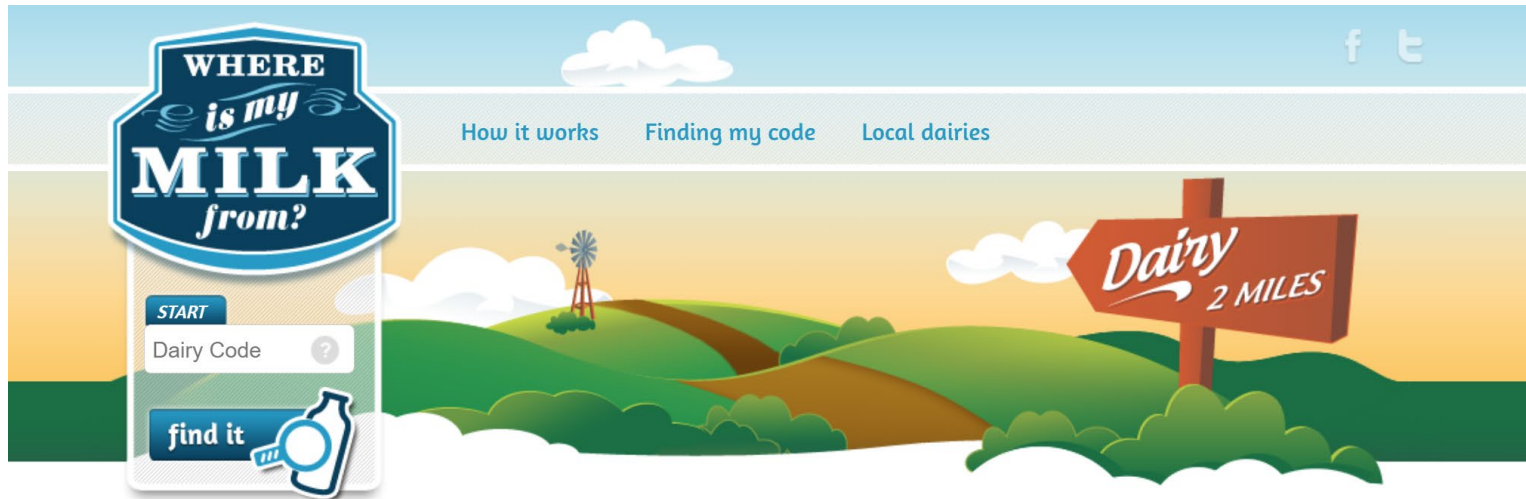


## Finding my code

**You don't need to be a code breaker.**  
Locating your code is easy when you know what you're looking for. Here are a few tips:

- 1 Near the top
- 2 Begins with two numbers
- 3 Ends with 1 to 5 digits
- 4 Colons?





# Farms in CT, MA, NY, & RI

## Guida Seibert Dairy

Location: **New Britain, Connecticut** // Dairy: **09-183**

### Products made here



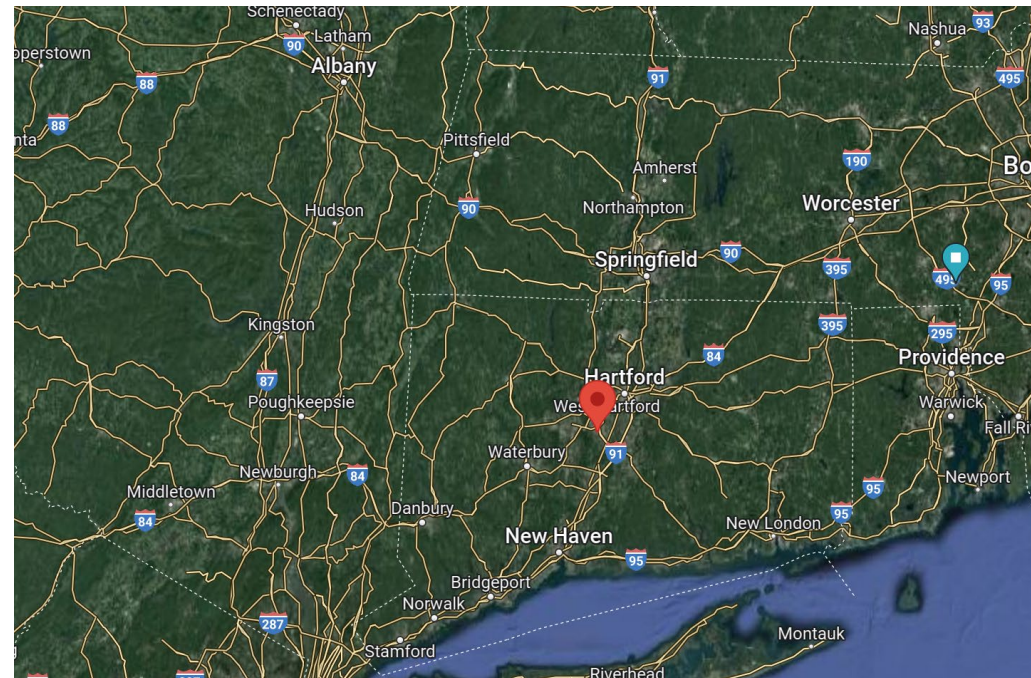
Eggnog



Pasteurized Half and Half, Coffee Cream, Creams



Pasteurized Milk, Reduced Fat, Lowfat and Skim



# Cow Care

## Poll Question:

Dairy farms have 3<sup>rd</sup> party oversight to ensure proper care of their cows and the environment.

- a) True
- b) False





# The National Dairy FARM Program

- **FARM:** Farmers Assuring Responsible Management
- A voluntary program initiated by dairy farmers and processors across the US
- MORE THAN 99% of the U.S. milk supply comes from farms participating in the FARM Animal Care Program.
- Includes- Nutrition, Animal Health, Environment and Facilities,



Fletcher Farm, MA

# Understanding Cows



Hastings Farm, CT



Laurel Brook Farm, CT

# Barns and Pasture



**University of Connecticut  
Dairy Farm**

# Seasonal Pasture



Clessons River Farm, MA

# Barns

Clessons River Farm, MA



# Open Side Barns

Warm Weather – Sides Open



Cold Weather – Sides Closed



Kayhart Brothers Farm, VT

# Fans and Misters



Fairvue Farm, CT



Kayhart Brothers Farm, VT

# Happy Cows and Their Brush



Laurel Brook Farm, CT



Clessons River Farm, MA





# Bedding

Sand



Hastings Farm, CT

Waterbed Stalls



Kayhart Brothers  
Farm, VT

Sawdust



Tullando  
Farm, NH

# Recycled Manure Bedding



Fairvue Farm, CT

# Cow's Diet



Clessons River Farm, MA

# Total Mixed Ration (TMR)



Farr Farm, VT



Valley View Dairy, CT

# Corn Silage



Clessons River Farm, MA



# Poll Question:

## Dairy milk contains:

- a) Antibiotics
- b) Added hormones
- c) Both A & B
- d) None of the above

# Veterinarian Care



Clessons River Farm, MA

# Calf Care



Bristol Aggie High School Farm, MA



Stuart Farm, NH



# Calf Housing

## Hutches



Sweet Grass Creamery, CT

## Calf pen



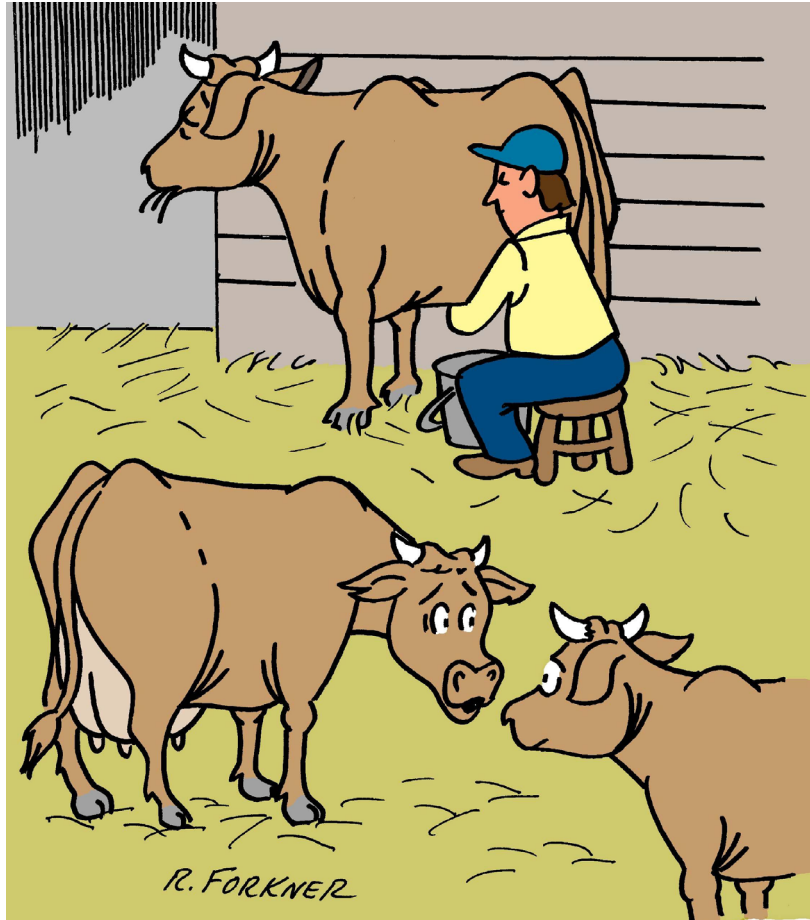
Sweet Farm, VT

# Milking

# Milking



- 2-3 times per day
- 30 minutes per milking by hand
- 7 minutes per milking by machine



" I'M NOT SURE WHAT WE'RE SEEING BUT I THINK IT'S SOME KIND OF ANTIQUE MILKING MACHINE. "

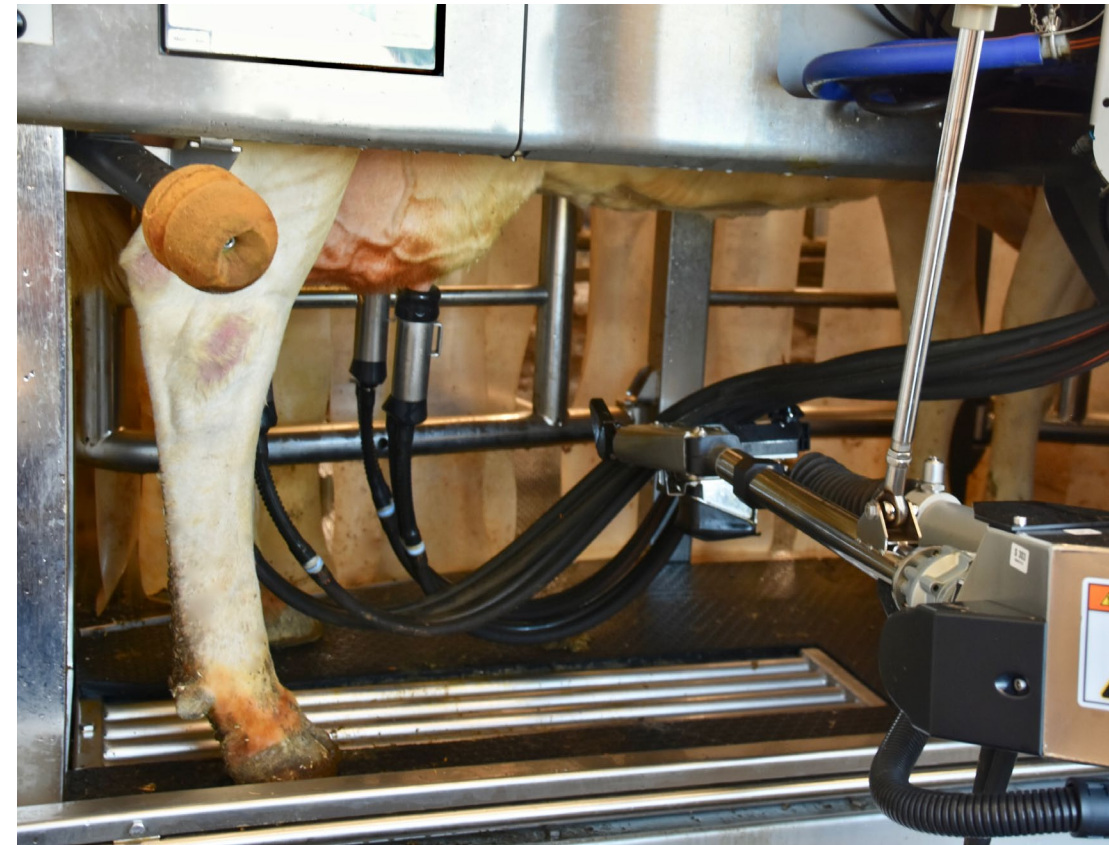
Gag by Ron Coleman

CartoonStock.com

# Robotic Milking System



Clessons River Farm, MA



UConn Dairy Farm

# Milking Parlor



Birch Mill Farm, CT



Sweet Grass Creamery, CT

# Rotary Milking Parlor

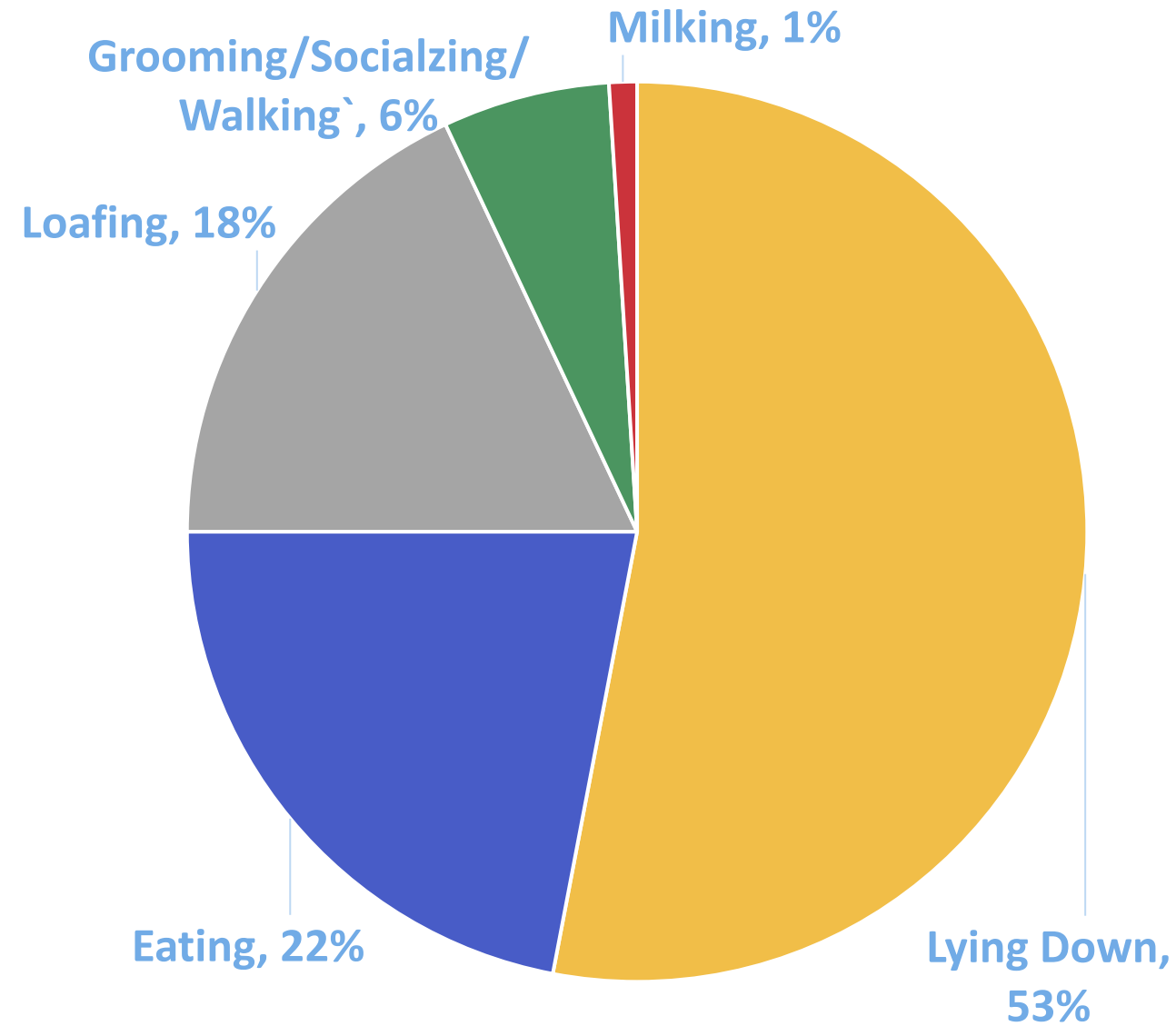


Oakridge Dairy, CT

# Daily Activities



Nelson Boys Farm, VT



# Environmental Stewardship



## Poll Question:

What practices do dairy farmers use to be sustainable?

- a) Recycling manure
- b) Planting cover crops
- c) Generating electricity for farm and community
- d) All of the above
- e) None of the above

# Dairy Farming & Sustainable Nutrition

- U.S. dairy contributes just 2% of all U.S. greenhouse gas emissions
- Environmental impact of producing a gallon of milk in 2017 compared to 2007
  - 30% less water
  - 21% less land
  - 19% smaller carbon footprint



**Sweet Grass Creamery, CT**

# 2050 Environmental Stewardship Goals

**By 2050, U.S. dairy (field, farm, processor) collectively commits to:**

- Become carbon neutral or better
- Optimize water use while maximizing recycling
- Improve water quality by optimizing utilization of manure and nutrients



**Laurel Brook Farm, CT**



# Stewardship of the Environment



**Pine Island Farm, MA**



**Fairmont Farm, VT**

# Manure Management



"Just think... our pies feed the soil, the soil feeds the grass, the grass feed us..."

CartoonStock.com

# Manure Management

## Lagoons



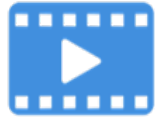
Fairvue Farm, CT

## Composting



Laurel Brook Farm, CT

# Manure Management: Methane Digesters



Forbes

FORBES > INNOVATION > SUSTAINABILITY

## Food Waste Kept Out Of Landfills And Turned Into Electricity At Family Farms

Jeff Kart Contributor @

Follow

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Jan 6, 2023, 07:45am EST

# Power Generation



**Nelson Boys Farm, VT**



**Whittier Farm, MA**



# Local dairy farms committed to sustainability

- Dairy farms in 5-state region protect **828,000 acres of greenspace**
- Environmentally responsible practices for land management:
  - **Cover cropping** to protect soil quality and build soil health
  - Cow manure as a resource
    - **Natural fertilizer** for crop fields
    - Recycling it as **compost or bedding**
  - **25 anaerobic digesters** that convert cow manure and food waste into useable energy



# Additional Resources

# Milk Facts and Promotion Ideas

## 10 WAYS TO ENCOURAGE STUDENTS TO DRINK MILK

- 1 SERVE ICE COLD MILK.** Milk tastes best when it's under 40°F, strive to serve it at 35°F.
- 2** Increase milk's appeal by displaying it in [ATTRACTIVE WAYS](#).
- 3** Offer a variety of milk options including lactose-free. [FLAVORED](#) and [LACTOSE-FREE MILK](#) have the same 13 essential nutrients as white milk.
- 4** Try [HOT CHOCOLATE MILK](#) with older students.
- 5** [SCHEDULE RECESS BEFORE LUNCH](#). Thirsty students coming off the playground will drink more milk.
- 6** [ENCOURAGE MILK WITH MEALS](#) and water in between. Reward students who drink all their milk.
- 7** [DECREASE FOOD WASTE](#) while promoting good nutrition by giving a little nudge. Remind students five minutes before the meal is over to "finish your milk, finish your meal."
- 8** Run our [DAIRY: GOOD FOR YOUR BODY](#) video on your cafeteria video screens.
- 9** [CELEBRATE DAIRY HOLIDAYS](#) with our fun promotion tools and resources.
- 10** Help your students learn about our [LOCAL DAIRY FARMS](#), where milk comes from, and how many different foods can be made from milk. Milk is local, fresh, and always in season!



For more information visit [NewEnglandDairy.com](https://www.newenglanddairy.com)

## 10 REASONS TO ENCOURAGE MILK WITH SCHOOL MEALS

- 1** Milk contains 13 essential nutrients that you must get from food.<sup>1,2,3</sup>
- 2** Milk provides 3 of the 4 nutrients commonly lacking in the American diet.<sup>4b</sup>
- 3** Most students are not consuming the recommended amount of dairy.<sup>4c</sup>
- 4** Three\* servings of dairy a day helps build healthy bones for life.<sup>4d</sup>  
*\*2.5 servings/day for ages 4-8 years*
- 5** Dairy is included in all three diets outline in the Dietary Guidelines for Americans. School meals are based on these guidelines.<sup>4e</sup>
- 6** Dairy can lower risk of chronic diseases including heart disease, type 2 diabetes, and obesity.<sup>5,6</sup>
- 7** Students drink less milk when flavored options are removed.<sup>7</sup>
- 8** Kids who drink milk, including flavored milk, have better diet quality than kids who don't.<sup>8,9</sup>
- 9** School-aged milk drinkers have higher nutrient intakes without adverse effects on weight compared to those who don't drink milk.<sup>10</sup>
- 10** The American Academy of Pediatrics and the US Dietary Guidelines for Americans support the addition of a small amount of added sugar to nutrient rich foods like milk.<sup>11,12,4a</sup>



For more information visit [NewEnglandDairy.com](https://www.NewEnglandDairy.com)

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FARM TO YOU:

## 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.



For more information visit [NewEnglandDairy.com](https://www.NewEnglandDairy.com)

# Thank you to the farms who contributed to this presentation!

