



Bringing Dairy to Life!

## On-Farm Scavenger Hunt

1. When it comes to fresh from the farm milk, it's all about the cows. Dairy Farmers work hard to ensure that cows are healthy and well-nourished. **Find where farmers prepare and keep the feed that keep the cows happy and the milk delicious.**
2. Like food that's locally sourced? Dairy cows do, too. In the U.S., over one-third of a cow's feed is grown right on the farm—the rest is grown by nearby crop farmers whose products meet specific quality and sustainability standards. **See or sit in a tractor that helps plow the fields to provide the feed that cows need every day.**
3. Activity trackers aren't just for people – it turns out they are for cows too! Some cows wear pedometers which help farmers track their health and monitors if a cow needs some extra attention. **See if you can find a cow with a pedometer on the farm!**
4. Believe it or not: your local grocery store has milk on its store shelves less than 48 hours after it leaves the farm, which means the milk you enjoy every day is fresh and local. **See if you can find where it all starts—in the milking barn.**
5. Did you know that most people usually live within 100 miles or less from a local dairy farm? That's right—even if you live in a city, you are not far from a dairy farm. Now that you've seen where the cows are milked, let's **see if you can find where milk is stored once it leaves the cow and before it makes its way to your local store.**
6. Sip on this sustainability statistic: Dairy Farms recycle water an average of three to five times. **Find an example of where a farmer uses or reuses water on the farm.**
7. Did you know that 97 percent of dairy farms are family-owned and operated? Chances are, the farm you are on today is one of those farms! **Talk with a farmer to see how long the family has been farming. Or, at least stop and say hi!**
8. This one's easy—**grab a milk, and congratulate yourself on a job well done!** And while you do so, sip on this fun fact—one gallon of milk is now produced with 90 percent less land and 65 percent less water than it was decades ago. Enjoying your favorite dairy products while helping the environment? Now that's a win-win!