



New England Dairy

Real Connecticut Dairy

Family farms working together for a vibrant and healthy state



Local Flavor All Year Long

Connecticut milk is in season all year long. In New England, milk travels from farm to fridge in 48 hours so you know it's always fresh. Each dairy cow produces 128 cups of milk per day – with 19,000 cows in the state, that's more than 2 million glasses of Connecticut milk per day.¹



Natural Goodness Included

Dairy is packed with flavor, vital nutrients, and provides up to 19% of natural protein in our diets. When you enjoy the delicious taste of dairy foods made with real milk, you also receive potential health benefits that may support a healthy heart and blood sugar level.²



Putting the Planet First

In 2008, fluid milk accounted for only 2 percent of total greenhouse gas emissions in the U.S.³ Since then, the environmental impact of producing a gallon of milk in 2017 shrunk significantly since 2008 with, a 20% smaller carbon footprint.⁴



Bringing People Together

In Connecticut, dairy keeps our communities vibrant. Connecticut dairy provides 12,277 direct jobs, contributing more than \$547 million to local economies.⁵ 67,000 acres of land are in dairy production, maintaining Connecticut's beautiful landscapes.⁶ And in the past five years, dairy farmers have given \$353,000 to improve school meal programs in the state.⁷



GET MORE REAL DAIRY FACTS: CTDairy.org and NewEnglandDairy.com/Farm-FAQs



For sources cited here please visit:

NewEnglandDairy.com/wp-content/uploads/CT-Dairy-Sources.pdf

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MYTH

Dairy cows are mistreated.

TRUTH

- Dairy farmers' commitment to providing high-quality milk begins with taking great care of their cows.
- Dairy cows have balanced, nutritious diets designed by professional nutritionists with 24/7 access to food and water.
- Dairy cows receive preventative veterinary care and prompt treatment when they're sick.
- Barns have fans, misters, curtains and soft bedding like sand, mattresses, or waterbeds.



MYTH

Milk contains antibiotics.

TRUTH

There are no antibiotics in your milk. All milk – regular or organic – is tested multiple times before it gets to you, and if it tests positive for antibiotics, it is safely thrown out and never reaches the store. Farmers work with vets to keep cows healthy. Even with the best prevention program, animals can become sick and need medicines just like you might when you or your family are ill. Antibiotics are used as a last resort, as farmers try alternative treatments first. If a cow requires antibiotics:

- On a conventional farm, the cow is separated from the herd for treatment, and not returned until her milk tests free of antibiotics.
- On an organic farm, the cow permanently leaves the herd.



MYTH

Non-dairy alternatives are just as healthy as cow's milk.

TRUTH

Farm fresh, real dairy milk is naturally nutrient rich, which non-dairy alternatives find difficult to match. Dairy milk has only three ingredients – cow's milk, vitamin A, and vitamin D, which is far fewer than non-dairy almond, soy, or rice beverages. Non-dairy alternatives often contain as many as 15 ingredients, including stabilizers, syrups, added sugar, salt, and thickeners. Non-dairy alternatives are often highly fortified, their nutritional impact has not been thoroughly studied, and they vary in their nutritional profiles. Almond beverages have about 1 gram of protein per 8 oz. serving compared to 8 grams in an 8 oz. serving of milk.

