



New England Dairy

Real Rhode Island Dairy

Family farms working together for a vibrant and healthy state



Local Flavor All Year Long

Rhode Island milk is always in season. 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 700 cows in the state, that's more than 89,000 glasses of Rhode Island 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 has shrunk significantly with a 20% smaller carbon footprint as of 2017.⁴



Bringing People Together

In Rhode Island, dairy keeps our communities vibrant. All of Rhode Island's dairy farms are owned and run by families that work 365 days a year to support the local economy. Dairy farms in the state also maintain 500 acres of land.⁵ And in the past five years, dairy farmers have given \$266,000 to improve school meals in Rhode Island.⁶



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

For sources cited here please visit:

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



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.

