**PA Announcements**

How Many Cows? - June Dairy Month **PA Announcements**

**Did you know that June is National Dairy Month?** Dairy cows eat almost 100 pounds of feed and drink 50 gallons of water—nearly a bathtub full—a day. That’s a lot! No wonder milk has so many essential nutrients like calcium, potassium and protein that we need to keep our body strong. Don’t forget to get your three servings of milk, cheese or yogurt today!

**That’s a long time!** Dairy cows spend up to eight hours eating every day.[[1]](#footnote-1) That’s the same length of time as a school day. It takes a lot of food to create such a nutrient-rich drink like milk! Don’t forget to get three servings of milk and dairy foods to keep your body healthy and strong!

**Hey… do you know what weighs the same as a class of 28 students?** That’s right a dairy cow! Dairy cows typically weigh 1400 pounds and eat over 90 pounds of feed a day. On an average day they produce 6-7 gallons of milk.[[2]](#footnote-2) That’s a lot of milk! Don’t let it go to waste! To stay healthy and strong, drink 8 ounces of milk with each meal!

**Do you know how long it takes for MILK to get from the COW to YOU?** Not long at all. It takes two days for the cow’s body to turn feed into milk. It takes another two days for the milk to get from the cow to the grocery store.[[3]](#footnote-3) That’s AMAZING. Grass eaten on Friday becomes milk by Sunday and it is in your cafeteria by Tuesday! Remember to get your three servings of milk and dairy foods every day!

**That’s a lot of milk!** One dairy cow can produce 107,000 pounds or 200,000 8-ounce milk containers per year.[[4]](#footnote-4) That’s enough to fill an average classroom two feet deep with milk! Don’t let dairy cows’ hard work go to waste, drink your milk!

**Menu Blurbs**

How Many Cows? - June Dairy Month **Menu Blurbs**

It takes two days for the cow’s body to turn feed into milk.[[5]](#endnote-1) It takes another two days for the milk to get from the cow to YOU. Grass that is eaten on Friday becomes milk by Sunday and is in your cafeteria by Tuesday!

Milk contains nine essential nutrients like calcium, vitamin D, and protein that kids need to eat more of in their diet to keep their bodies healthy and their bones strong. Make sure you get these nutrients with three servings of nutrient-rich milk and dairy foods every day.[[6]](#endnote-2)

Cows spend eight hours a day eating. That’s longer than a school day. It must take that long to make such a nutrient-rich food…Milk is the #1 source of calcium, protein, potassium, and magnesium.[[7]](#endnote-3)

Long ago, when people traveled long distances and wanted milk, they had to take cows with them.[[8]](#endnote-4) Guess they knew how important the nutrients in milk like calcium, vitamin A, and protein are in keeping bodies healthy and strong. It’s a good thing TODAY we have ice-cold milk available right in our cafeteria so we don’t need to bring cows to school with us!

There are nearly 11 million dairy cows in the U.S. today. About 90% are Holsteins. The major breeds of dairy cows are: Holsteins, Jerseys, Guernseys, Brown Swiss and Ayrshire.[[9]](#endnote-5)

Cows eat about 100 pounds of feed a day and drink nearly 50 gallons of water (the size of a bathtub!).[[10]](#endnote-6) All that food goes into making nutrient-rich milk that’s packed with bone-building calcium, vitamin D and protein. Make sure to get your three servings of milk and dairy foods everyday to keep your body healthy and your bones strong!

1. <http://www.kidscowsandmore.org/dairy/>  
    [↑](#footnote-ref-1)
2. <http://www.umpquadairy.com/page/cool-cow-facts>  
    [↑](#footnote-ref-2)
3. <http://www.dairydiscovery.com> [↑](#footnote-ref-3)
4. [www.ag.ndsu.edu/agmag/winter2005/**dairy**05.pdf](http://www.ag.ndsu.edu/agmag/winter2005/dairy05.pdf) [↑](#footnote-ref-4)
5. <http://www.dairydiscovery.com> [↑](#endnote-ref-1)
6. <http://www.nationaldairycouncil.org/SiteCollectionDocuments/health_wellness/dairy_nutrients/MILKsUniqueNutrientPackage.pdf> [↑](#endnote-ref-2)
7. <http://www.kidscowsandmore.org/dairy/> [↑](#endnote-ref-3)
8. <http://www.umpquadairy.com/page/cool-cow-facts> [↑](#endnote-ref-4)
9. <http://www.umpquadairy.com/page/cool-cow-facts> [↑](#endnote-ref-5)
10. <http://www.umpquadairy.com/page/cool-cow-facts> [↑](#endnote-ref-6)