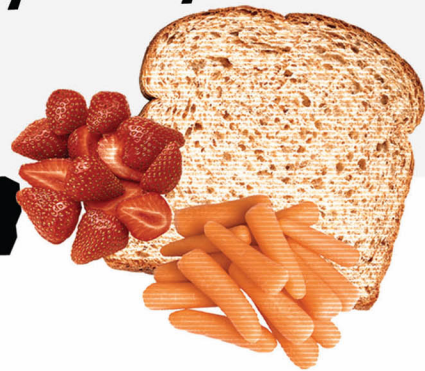
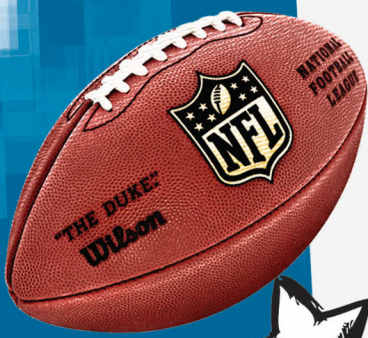


Eat Healthy & Get Mooving

Dairy cows spend up to eight hours eating¹ and consume approximately 100 pounds of feed and 50 gallons of water everyday.²

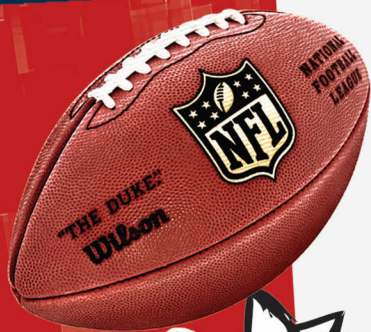


1. <http://www.kidscowsandmore.org/dairy/>
2. <http://www.kidscowsandmore.org/dairy/>



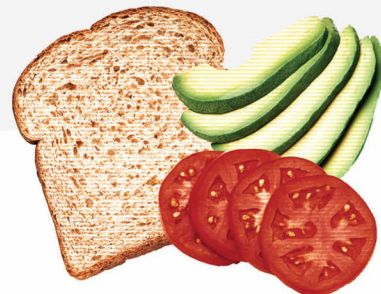


Eat Healthy & Get Mooving



One dairy cow can produce 107,000 pounds or 200,000 8-ounce milk containers per year.¹

1. www.ag.ndsu.edu/agmag/winter2005/dairy05.pdf



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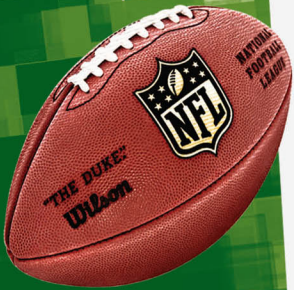
THE NFL MOVEMENT FOR AN ACTIVE GENERATION

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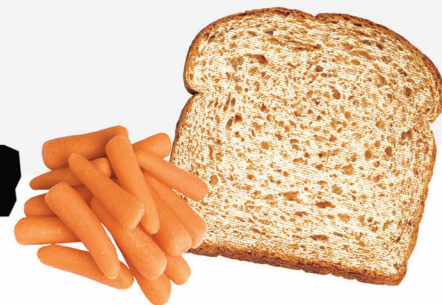


Eat Healthy & Get Mooving

An average dairy cow produces about 6-7 gallons of milk per day.¹



1. <http://www.kidscowsandmore.org/dairy/>



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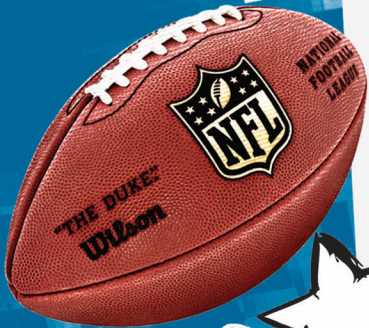
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Eat Healthy & Get Mooving

Milk contains nine essential nutrients like calcium, vitamin D and protein that kids need to keep their bodies healthy and their bones strong.¹



1. http://www.nationaldairycouncil.org/SiteCollectionDocuments/health_wellness/dairy_nutrients/MILKsUniqueNutrientPackage.pdf



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