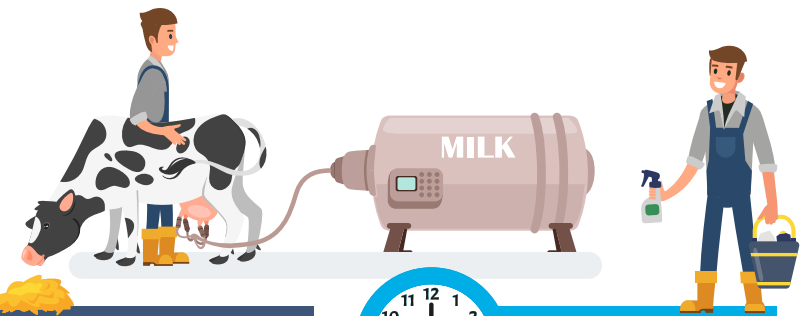


A DAY IN THE LIFE OF A DAIRY FARMER

Dairy farmers work from sun up to sun down, 365 days a year, because cows still need to be milked and fed on weekends and holidays. Every dairy farm is different, but this is an example of how dairy farmers spend a typical day. Even farmers who milk their cows three times every day still have the same chores to do.



Wake up and milk the cows

Clean and sanitize the milking equipment



Assist with loading the milk truck, which will take the farm's milk to the local dairy plant



Do the morning chores: haul manure or repair equipment and fencing



Eat breakfast



Feed and water the cows



Eat lunch



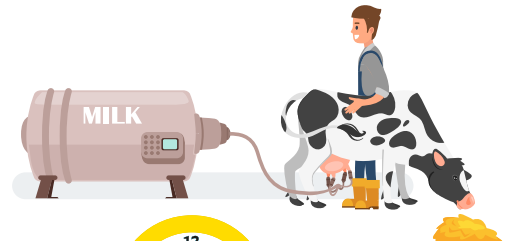
Work in the field or the farm office



Feed the cows



Meet with a nutritionist about the cows' food



Milk the cows



Go to bed



Review farm business paperwork



Eat supper



Clean and sanitize the milking equipment



The Nutrition Education People

Next time you enjoy a glass of milk or a grilled cheese sandwich, thank the dairy farmers for their around-the-clock hard work!