

# Milk is Local

Milk's journey from the farm to the grocery store only takes

**48**  
HOURS

**FARM**

Farmers use machines to milk their dairy cows at least twice a day. It takes about 5 minutes to milk each cow.



Dairy cows produce up to 8.5 gallons of milk per day!

Milk is held in a cooled storage tank on the farm until a cold, sealed tanker arrives to transport it to a nearby milk plant.

**MILK PLANT**



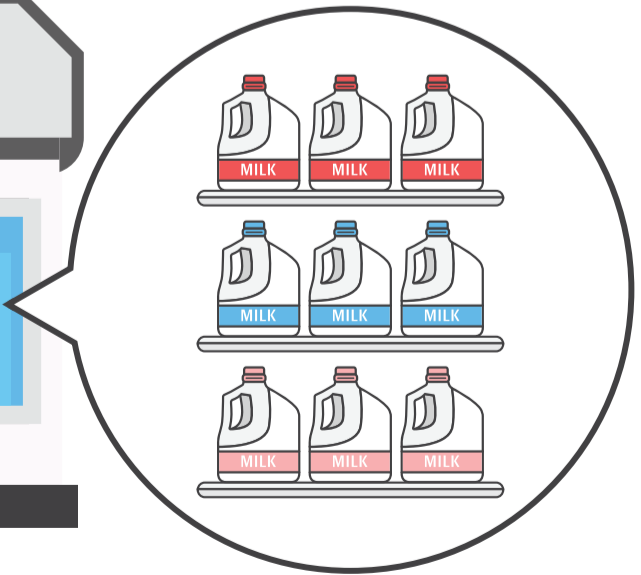
Dairy products undergo numerous quality checks, making them one of the safest foods.

At the milk plant, milk is tested and then pasteurized. Pasteurization uses heat to ensure milk is safe.



Next, the milk is used to make cheese, ice cream, or other dairy foods, or is packaged into the cartons and jugs you see at the grocery store.

**GROCERY STORE**



Within 48 hours after a cow is milked, the milk arrives at your local grocery store, ready for you to purchase, take home, and enjoy!

The average American consumes almost 25 gallons of milk per year!