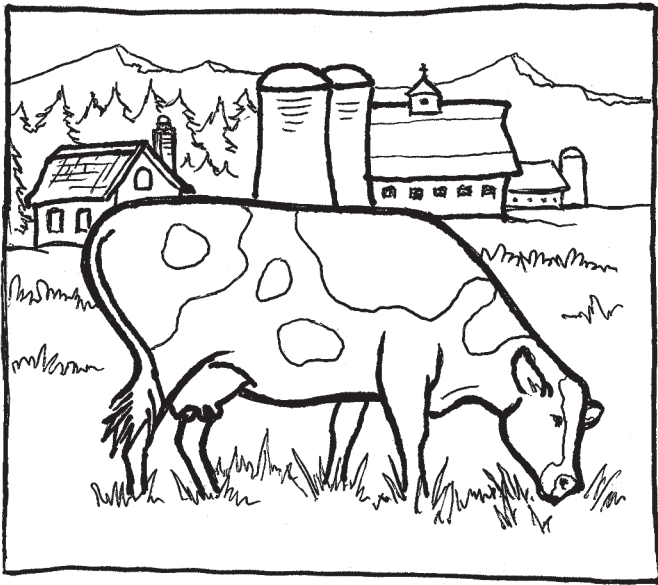


MILK- FROM COW TO YOU!



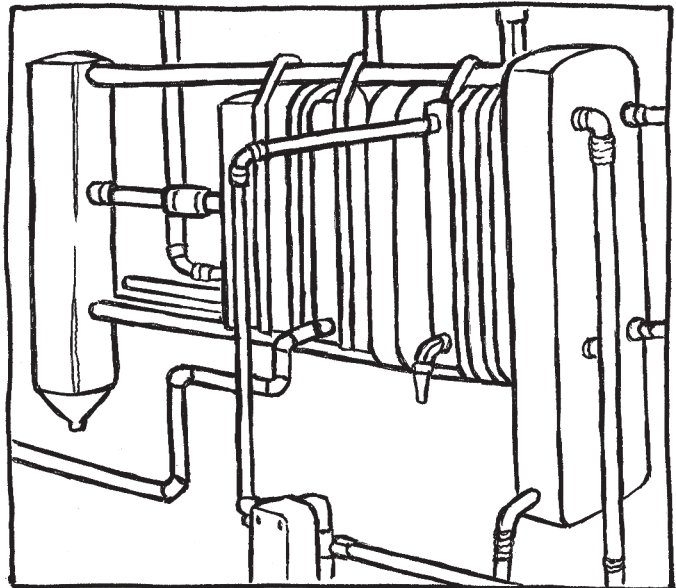
1. Milk comes from healthy, well-fed cows that are raised on dairy farms.



2. Before milking, a cow's udder is washed. Then, she is milked by machine. This happens at least twice each day.



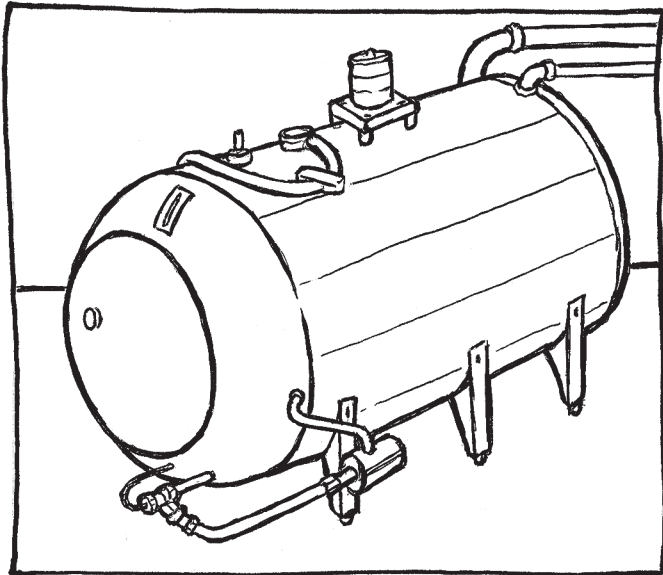
3. At the dairy plant, the milk is kept cool and tested many times for quality and composition.



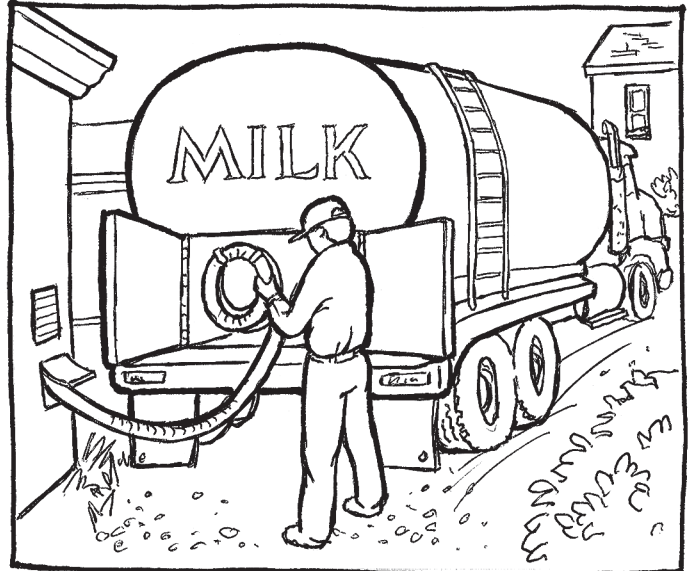
6. Then the milk is heated or "pasteurized." This is another important step to ensure that milk is safe and wholesome.

MILK - FROM COW TO YOU!

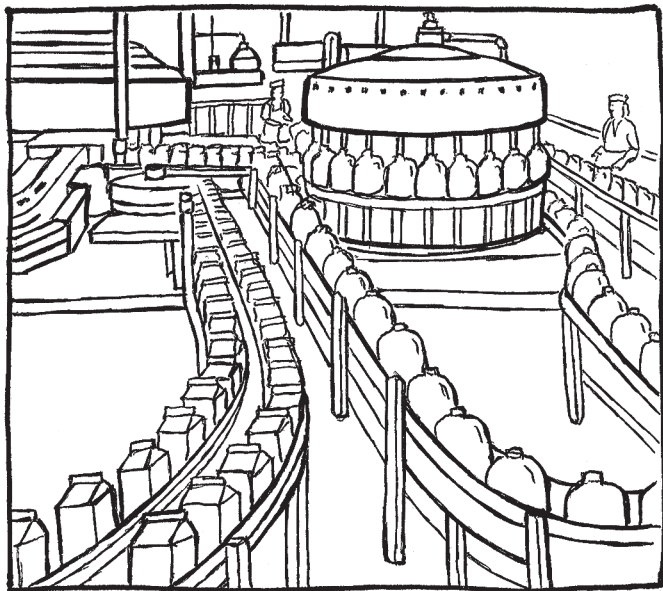
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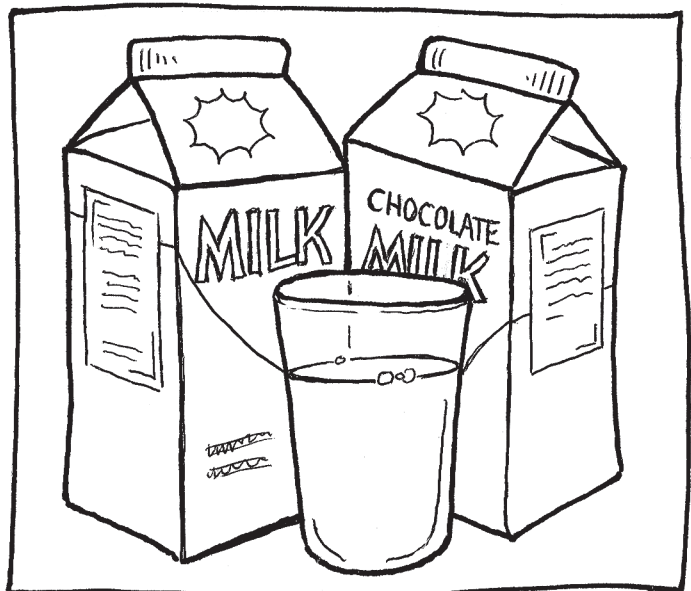
3. The fresh milk from the cow is pumped through pipes into a refrigerated tank in the farmer's milk house. There it is cooled and kept fresh and safe.



4. Each day a special refrigerated truck, called a tanker, comes to the farm to pick up the cold milk and deliver it to the dairy plant.



7. The milk is cooled again and put into cartons or jugs. The packaged milk is stored in a refrigerated room.



8. The milk is then loaded onto refrigerated trucks and delivered to schools, restaurants and supermarkets. Fresh, cold, nutritious milk delivered from cow to you!



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