Oregon dairy farmers not only take care in producing high quality milk for everyone to enjoy, they also take pride in caring for the environment. Our dairy farm, like other Oregon farms, is home to various wildlife species, such as fish, birds, fox, deer, elk and more. Take a look at this farm and see if you can find and color the wildlife and other items listed below that are often found on an Oregon dairy farm.

Blueberry bushes
Mountains
Apple trees
Hay
Horses
Geese
Fox
Deer
Elk
Cows
Calf
Farm family
Strawberries
Windmill
Barn
Milk tanker
Silos
Dog
Kittens
Grapes
Truck
Salmon
Chickens
Tractor

Contents adapted from Polly Pride’s Activity and Coloring Book courtesy of Washington Dairy Products Commission.
To Find Polly's Friend
Connect the dots in numerical order.

Oregon state's first dairy cows arrived in 1834. It wasn't until 1894, when the longest continuously operated creamery opened in Tillamook, which shipped dairy products to Portland by boat.

The average herd size of an Oregon dairy farm is 552 cows.
WRITE DOWN YOUR FAVORITE ICE CREAM FLAVOR.

Polly the dairy cow says

The ice cream cone was invented in 1904 in St. Louis, Missouri.

20 scoops
The Oregon Dairy and Nutrition Council would like to let you know that dairy farmers in the state take great care and pride in producing delicious dairy products, while caring for the environment and contributing to the economy of Oregon.

Polly the dairy cow says

A milking parlor is a special building where dairy cows are milked. Dairy cows on average enter the parlor twice a day to be milked. Oregon consistently ranks in the top five states nationwide for milk quality.
Fact Sheet

- I am a dairy cow, which means I have given birth to a calf.
- I need lots of food to produce milk for you and your family to enjoy.
- Each day, I spend 6 hours eating. That is almost as long as you sleep!
- I stand up and lie down about 14 times a day.
- I can detect odors as far away as 6 miles, much farther than you or your mom and dad.
- I can also hear lower and higher sounds better than humans.
- My dairy farmer takes very good care of me, giving me nutritious food to eat and a comfortable home.
- My doctor, the local veterinarian, sees me regularly to ensure that I am healthy.
- My nutritionist helps my dairy farmer determine the best food for me and my herd to eat.
- When my dairy farmer milks me, my milk is kept cold in my farmer's milk tank, until the milk truck comes to the farm, picks up my milk and takes it to the processing plant.

When I am fully grown, I weigh about 1,500 pounds.

GUESS HOW MUCH I WEIGHED WHEN I WAS BORN.

__________POUNDS

At birth, an average Holstein calf weighs 85 to 115 pounds.
Which one is your favorite? _________________________________________________________

Milk, flavored or plain, is packed with the same nutrients to help your body stay strong.

Vanilla Milk
Find two and color them Blue

Chocolate Milk
Find two and color them Brown

Strawberry Milk
Find two and color them Red

Polly the dairy cow says
June is National Dairy Month!

odncouncil.org
Below you will find that I have given you the code-breaker to help solve the secret messages. Substitute the correct letter or number in the spaces and watch the words appear.

Word Puzzle

1. Dairy farms operate in 21 Oregon counties
   3 15 23 19

2. Cows are milked in the milking parlor
   13 15 19 20

3. Most dairy farmers live and work on the farm
   12 9 22 5

4. A gallon of milk weighs 8.62 pounds
   1 7 1 12 12 15 14

Polly the dairy cow says

The average dairy farm recycles water three times!
Challenge yourself with this "Word Search." Circle as many words as you can that make you think of dairy foods made in Oregon. There are 27 total. Remember, words can be spelled horizontally and vertically.

Polly the dairy cow says:
The dairy industry is constantly working with agricultural and environmental scientists to improve farm practices.

odncouncil.org
Milk, cheese and yogurt can boost the overall quality of nutrition in your diet.

Polly the dairy cow says:

- Grains: Rice, Oatmeal, Bread
- Fruits: Watermelon, Strawberries, Orange
- Vegetables: Carrot, Potato, Beans
- Dairy: Ice Cream, Cottage Cheese, Yogurt
All these dairy foods are made from MILK. Do you know their names? Just unscramble the letters for each dairy food and write its name on the line.

1. ehsece  
   cheese

2. cie ramec  
   ice cream

3. gurtoy  
   yogurt

4. rosu ramec  
   sour cream

5. tubert  
   butter

6. gatecot secehe  
   cottage cheese

7. pihwipng merac  
   whipping cream

8. falh dan lahf  
   half and half

To get the same amount of calcium in 3 glasses of milk, you would have to eat 12 cups of broccoli, 19 cups of carrots, 17 oranges, 16 cups of green beans or 28 slices of bread.
Hi, my name is Polly Pride. Did you know that more than 228 dairy farm families, on farms all across the state, take pride in producing milk, Oregon’s 4th largest commodity? Nutrient-rich milk is not only a healthy and delicious beverage for all ages, it is the base for dairy foods such as cheese, yogurt, ice cream, butter, cottage cheese, milk fuel, sour cream and cream – all produced right here in my home state, Oregon.

Connect the dots below, in numerical order, to see what the state of Oregon looks like!

COLOR THE COW CLOSEST TO WHERE YOU LIVE.

Each cow shows where you can see dairy farms in Oregon.
In this crossword puzzle, read the clues and then see if your answer fits in the boxes. I use a pencil so I can erase an answer if it doesn’t fit. Psst, there’s a hint: All of the answers have something to do with dairy foods.

ACROSS:
2. This food is tart and good with fruit.
4. This food is good for snacks and on hamburgers.
6. Milk tastes best when it’s _ _ _ _.
9. All dairy foods are made from this.
10. How many glasses of milk should you drink a day?
11. Kids need this to help their bones grow.
14. A dairy _ _ _ _ _ _ raises cows for milk.
16. Dairy farmers in Oregon take _ _ _ _ _ in their work.
17. Dairy foods are tasty and give you lots of this.

DOWN:
1. This dairy food is yellow and good on toast.
3. Everybody’s favorite frozen dessert
5. What you use to eat your favorite frozen dessert.
7. Cheese, milk and yogurt are all _ _ _ _ _ _ products.
8. Milk helps keep your body _ _ _ _ _ _ _ _ _ _.
12. Cows from this state make some of the highest quality milk in the nation.
13. Cheese makes a very good _ _ _ _ _ _.
15. There are a lot of these in every glass of milk.

WORD BANK:
ENERGY  BONES  OREGON  SNACK
SPOON  DAIRY  GOOD  VITAMINS
HEALTHY  THREE  COLD  CHEESE
PRIDE  FARMER  ICE CREAM  TEETH
MILK  YOGURT  BUTTER  CALCIUM

Polly the dairy cow says
Milk became Oregon’s official state beverage in 1997.
Find your way through the maze to collect the milk, cheese, and yogurt for delicious calcium-rich dairy products.

Polly the dairy cow says:

More than 268 million gallons of milk are produced each year on dairy farms in Oregon.

Contents adapted from Polly Pride’s Activity and Coloring Book courtesy of Washington Dairy Products Commission.
Cows’ milk is composed of protein, carbohydrates, water-soluble vitamins, minerals and water (87%). It is especially rich in calcium, vitamin D, riboflavin and phosphorus. Milk is also an important source of protein, vitamin B-12, potassium, niacin and vitamin A.