JANE
OUTFIELD
AYRSHIRE

ALL-STAR
MILK

HOMETOWN CLOVERDALE, OR
MILK 6.4 GALLONS/DAY
DID YOU KNOW?
75% of a cow’s diet is inedible by humans. Cows can digest parts of plants that people can’t eat.

NUTRITIOUS AND DELICIOUS DAIRY
Tummy ache from dairy? Try lactose-free milk—it’s real, nutritious milk, just without milk’s natural sugar.

HEALTHY SNACKING
Cracker stacks: Stack slices of cheese, meat, cucumbers or zucchini on crackers.

OREGON DAIRY AND NUTRITION COUNCIL
www.odncouncil.org