CHARLOTTE
INFIELD
HOLSTEIN

ALL-STAR MILK

HOMETOWN NYSSA, OR
MILK 9 GALLONS/DAY
DID YOU KNOW?
Milk is local! It takes just 48 hours for milk to get from the cow to the grocery store.

NUTRITIOUS AND DELICIOUS DAIRY
Milk is used to make dairy foods like cheese, yogurt, butter and ice cream. Yum!

HEALTHY SNACKING
Berry-licious ice pops: Blend yogurt with fresh or frozen berries and a splash of milk. Freeze in popsicle molds or paper cups with sticks.

OREGON DAIRY AND NUTRITION COUNCIL
www.odncouncil.org