



Child Nutrition Corner: Food Inspires

Childhood exposure to good food inspires healthy eating later in life.

Our November/ December promotion is titled “Moove Over For Milk.” Here are a few dairy fun facts:

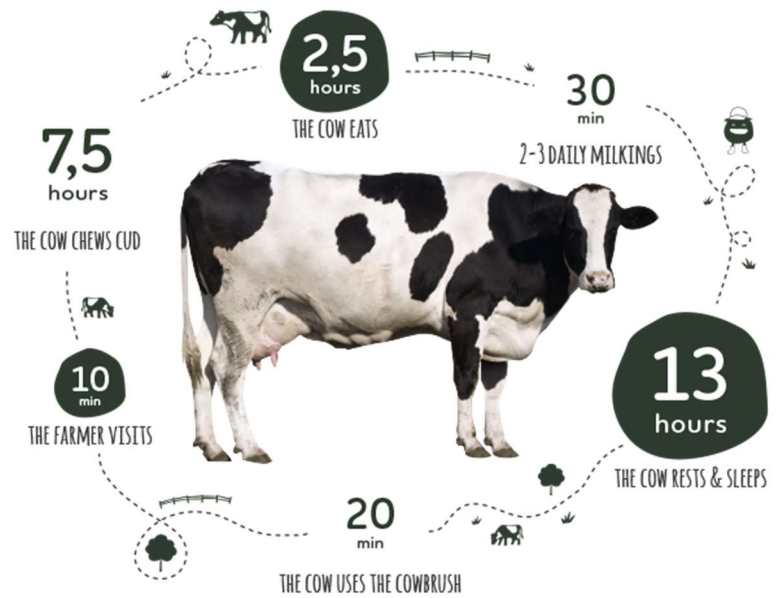
- A cow produces an average of 6.3 gallons of milk daily and 350,000 glasses of milk in a lifetime.
- Cows eat about 100 pounds of food every day and drink 50 gallons of water.
- To get the amount of calcium in an 8-ounce glass of milk, you’d have to eat two cups of broccoli, seven oranges or six slices of wheat bread.
- Farmers measure milk in pounds, not gallons.
- U.S. dairy farms produce roughly 21 billion gallons of milk annually.
- The average American consumes almost 25 gallons of milk a year.
- June is [National Dairy Month](#).
- The greatest amount of milk produced in one year was 59,298 pounds by a Holstein cow named Robthom Sue Paddy.



- On a dairy farm, a farmer’s day begins and ends with milking the cows.
 - Fresh milk will stay fresher longer if you add a pinch of salt to each quart.
 - A cow is more valuable for its milk, cheese, butter and yogurt than for its beef.
-
- Home delivery of milk (i.e. the milkman) started in 1942 as a war conservation measure.
 - More than 1,000 new dairy products are introduced each year.



A DAY IN THE *life of a* MILK COW



For information about dairy: <https://www.usdairy.com/about-us/national-dairy-council>

Mooove over for milk at breakfast and lunch and...drink milk.

Roxann Roushar
Director of Child Nutrition