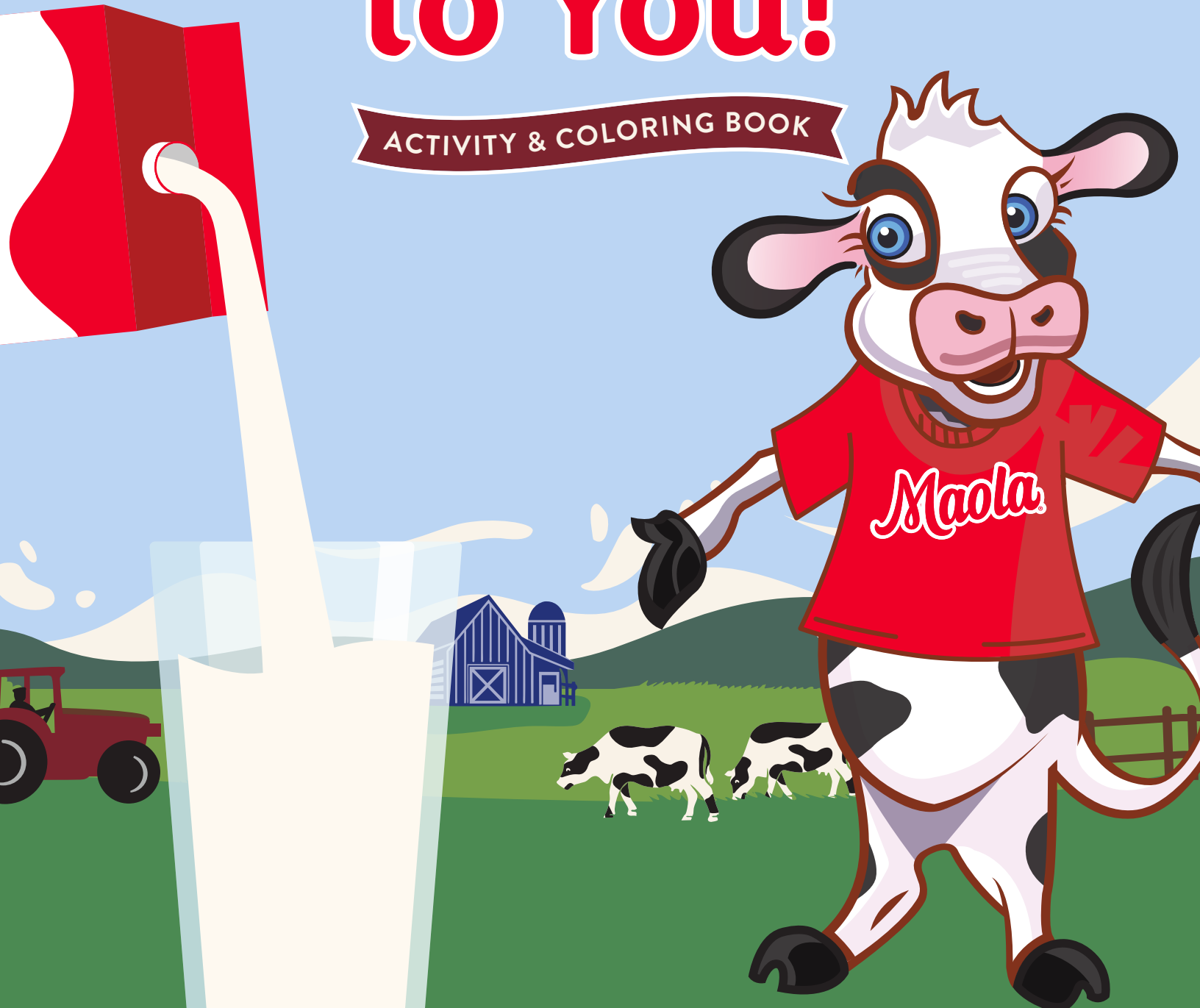




From The Farm to You!

ACTIVITY & COLORING BOOK



Why Maola Milk?

Milk and dairy products aren't just a delicious beverage or snack. Milk can be a foundational part of a healthy diet to keep you hydrated and nourished.

8g
of Protein
Per Serving

30%
of Daily Calcium
Per Serving


Milk Hydrates Better Than Water¹


Milk is a Great Source of Energy²

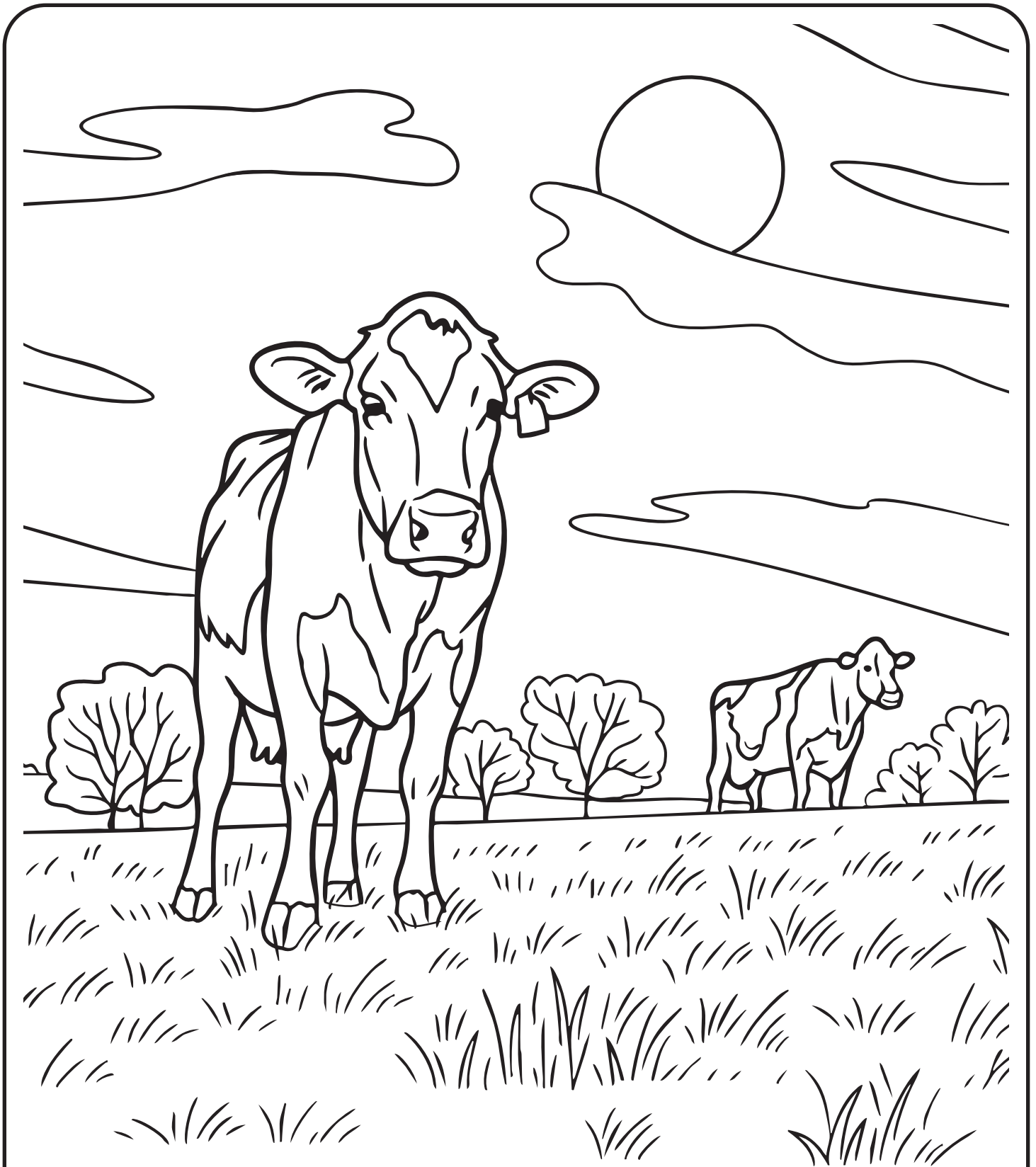

Supports Local Family Farmers


Milk Supports Brain Health³



Meet Mooella

Mooella is Maola milk's friendly mascot. Mooella is a champion of dairy cows and kids everywhere. Throughout this activity book, Mooella will share some fun dairy facts with you!



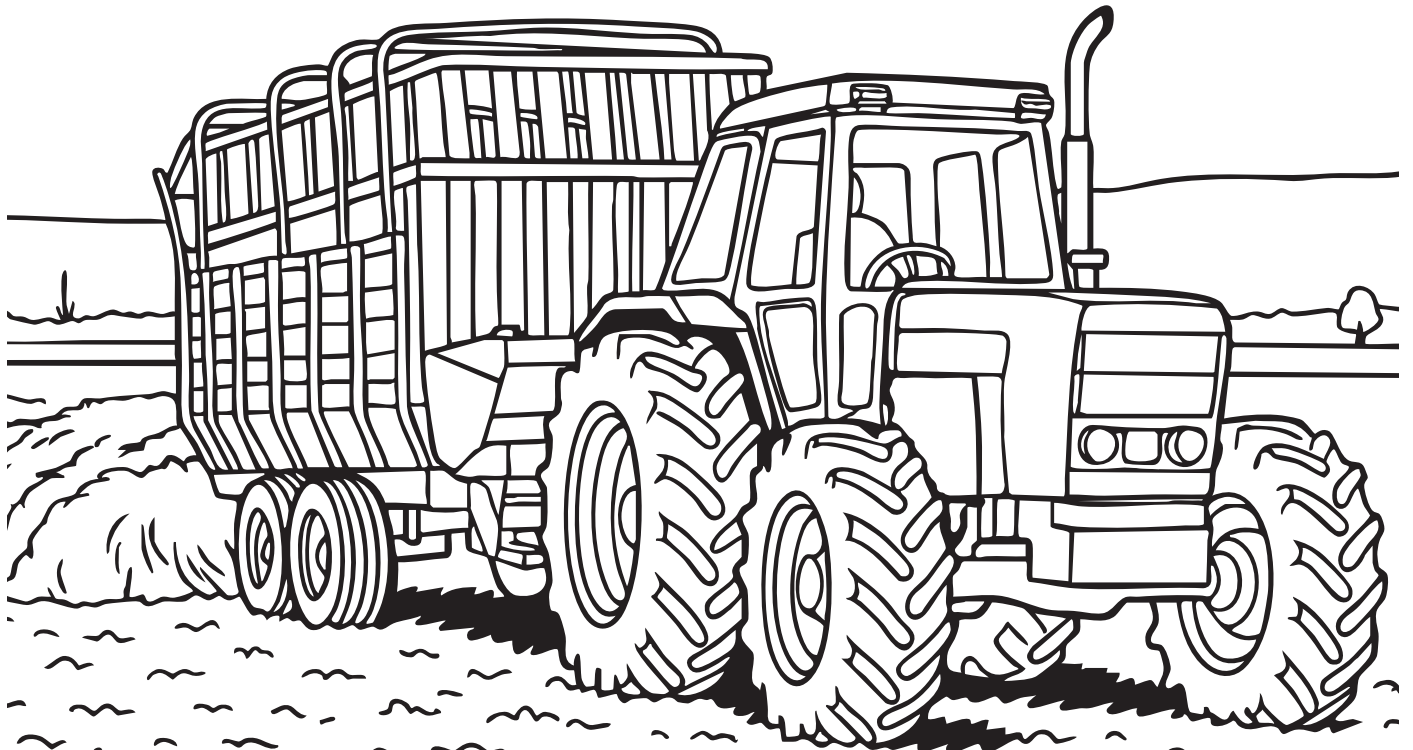
It All Starts at The Farm!

Not too far away on a family farm, there exists a herd of cows dedicated to making milk for the community. Behind the cows, there are hardworking families taking care of the them and making sure fresh milk gets to you!

Maola

Leaving the Land Better Than We Found it

Part of dairy a farmer's jobs is not just taking care of the cows, but also taking care of the land. Making a better future starts with the environment. That's why sustainable farming practices are so important!



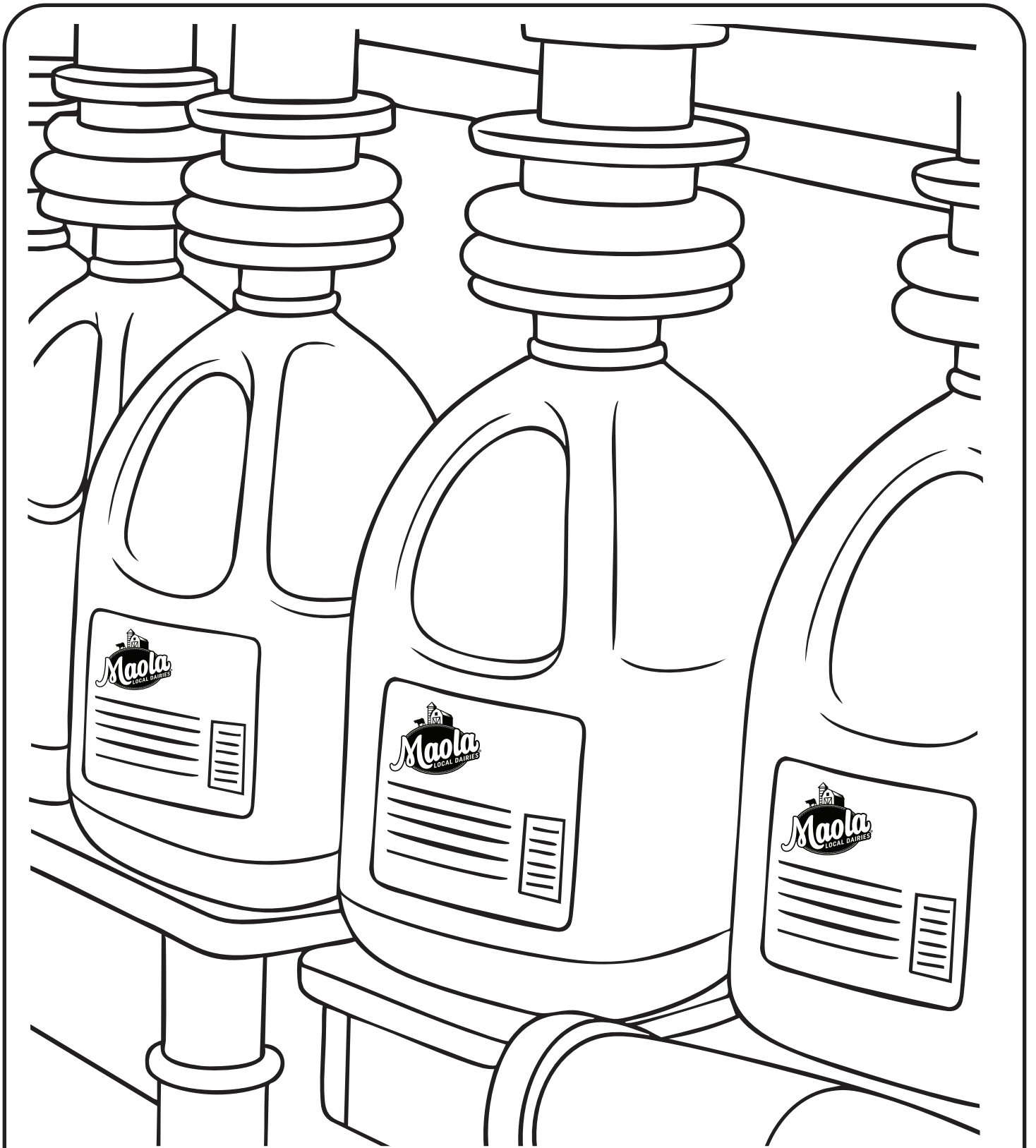
Cover Crops

Planted right after the main crop is harvested in the "off-season." Cover crops keep nutrients in the ground and lessens the need for additional fertilizer.

Thanks to sustainable farming practices, between 2007 and 2020, U.S. dairy farmers **increased milk production** by 28% while **reducing greenhouse gas emissions** per gallon of milk by 13%.⁴



Maola



Processing and Bottling

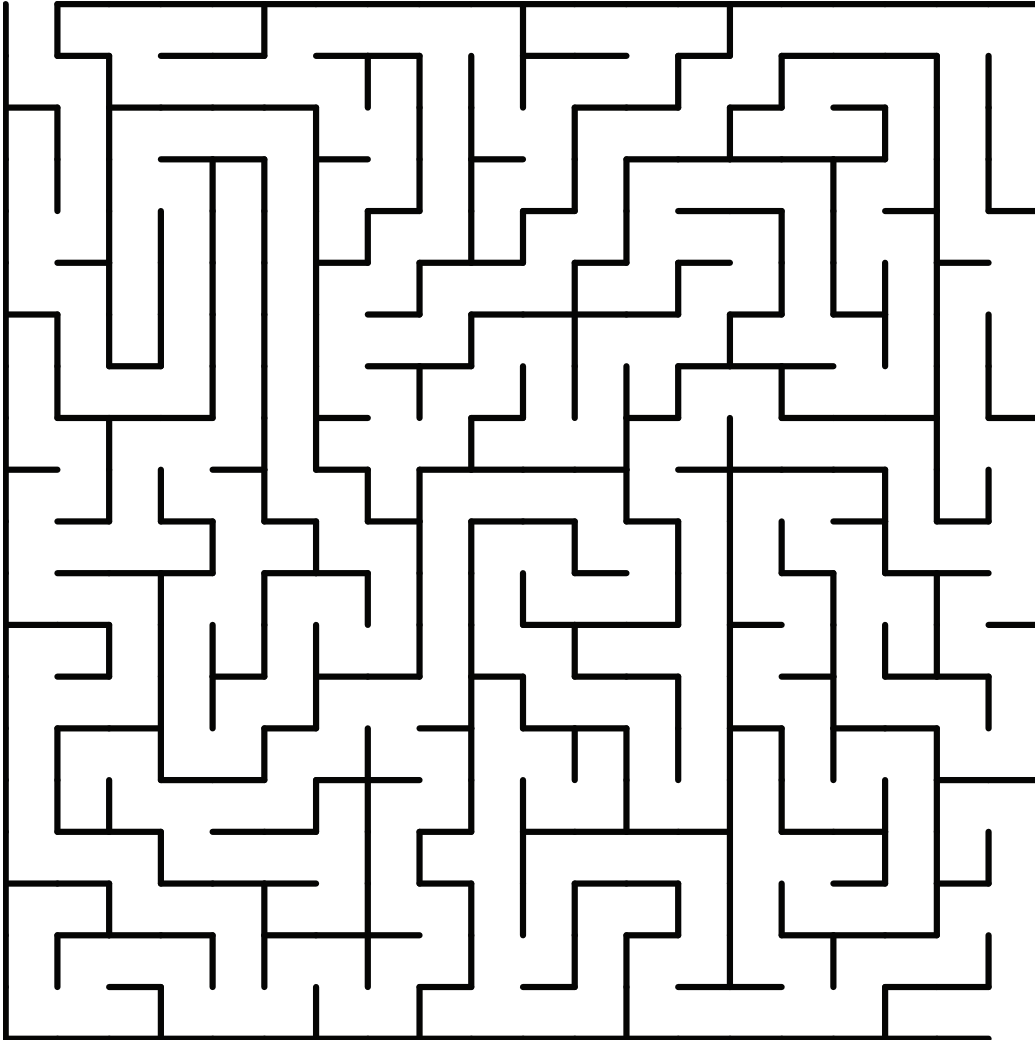
After the dairy cows are milked, the milk goes to a facility to be processed and bottled.

Maola

HELP THE MILK TRUCK FIND ITS WAY TO THE STORE



START HERE



END



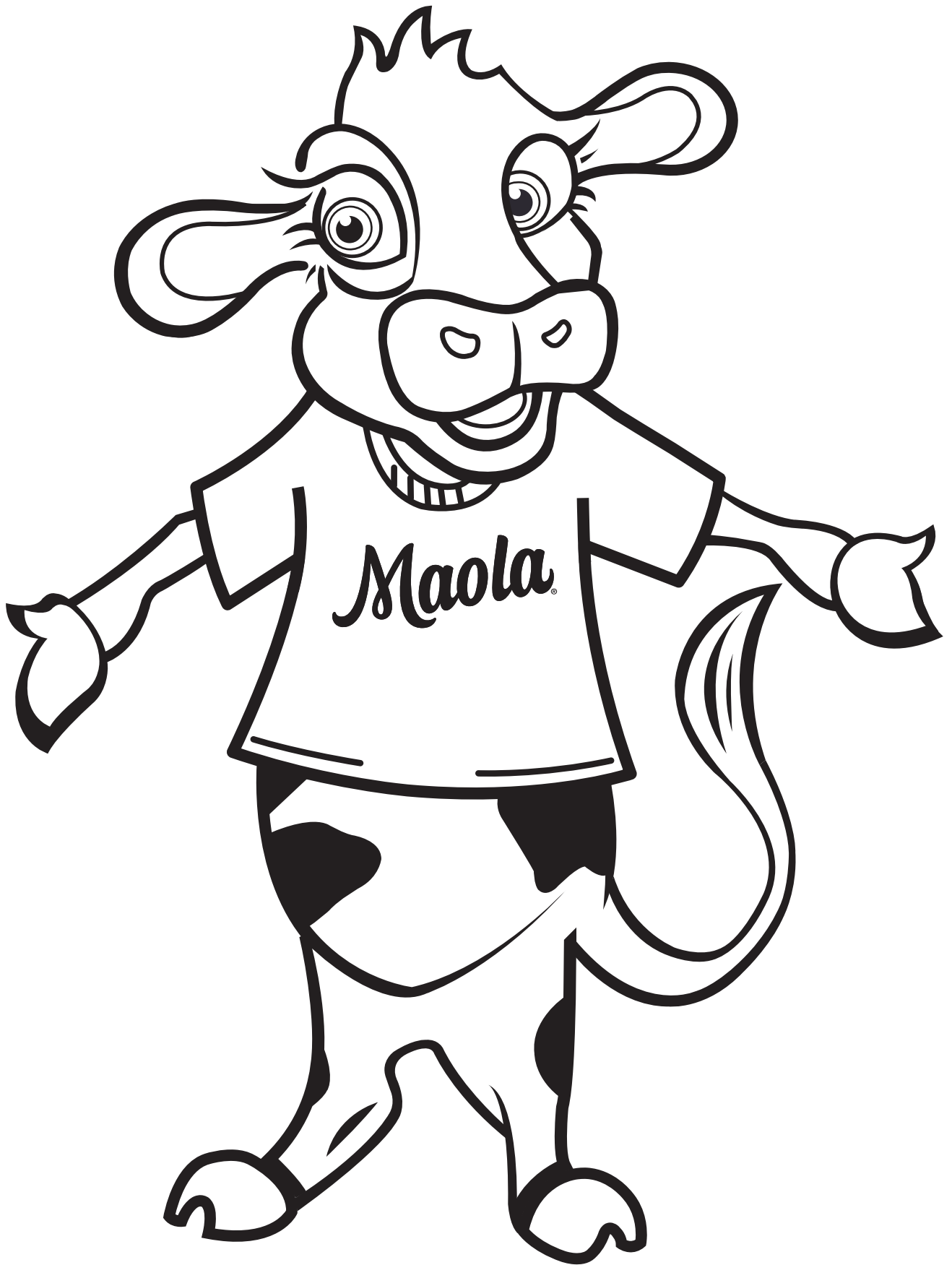
Bringing Fresh Milk to You

Once the milk is processed and bottled, it goes on a truck for delivery to your local grocery store.

It only takes 48 hours for milk to come from a farm to a store near you.⁵ Now that's quick!

Maola





Maola

What's In Your Cup?

Milk is full of nutrition your body needs. In the word search below see if you can find what's in your glass of milk.

R X Q A W C M T L T W X R D X
Z S G Y J Z V P H K V C W Q Y
R R O A U U G T R I V V Q V V
H A H V Q M L F J O I P Q H D
O E I H G E J W D X T X X Z V
U S J D K G M O V P C E X P B
V I T A M I N D K K G W I X O
S R C Y O R N E U E Z Z E N G
Y X A I H J M C T P Z Y C Y Y
I U L C Y H I K H V O B L O P
L T C G A X D L L J G Z Z R H
K K I H F C H O C O L A T E Z
C F U H S K D S E W J K I I L
U Z M H Y D R A T I O N M R P
F Z Z I Z P G O P O G Y L C S

PROTEIN

YUM

VITAMIN D

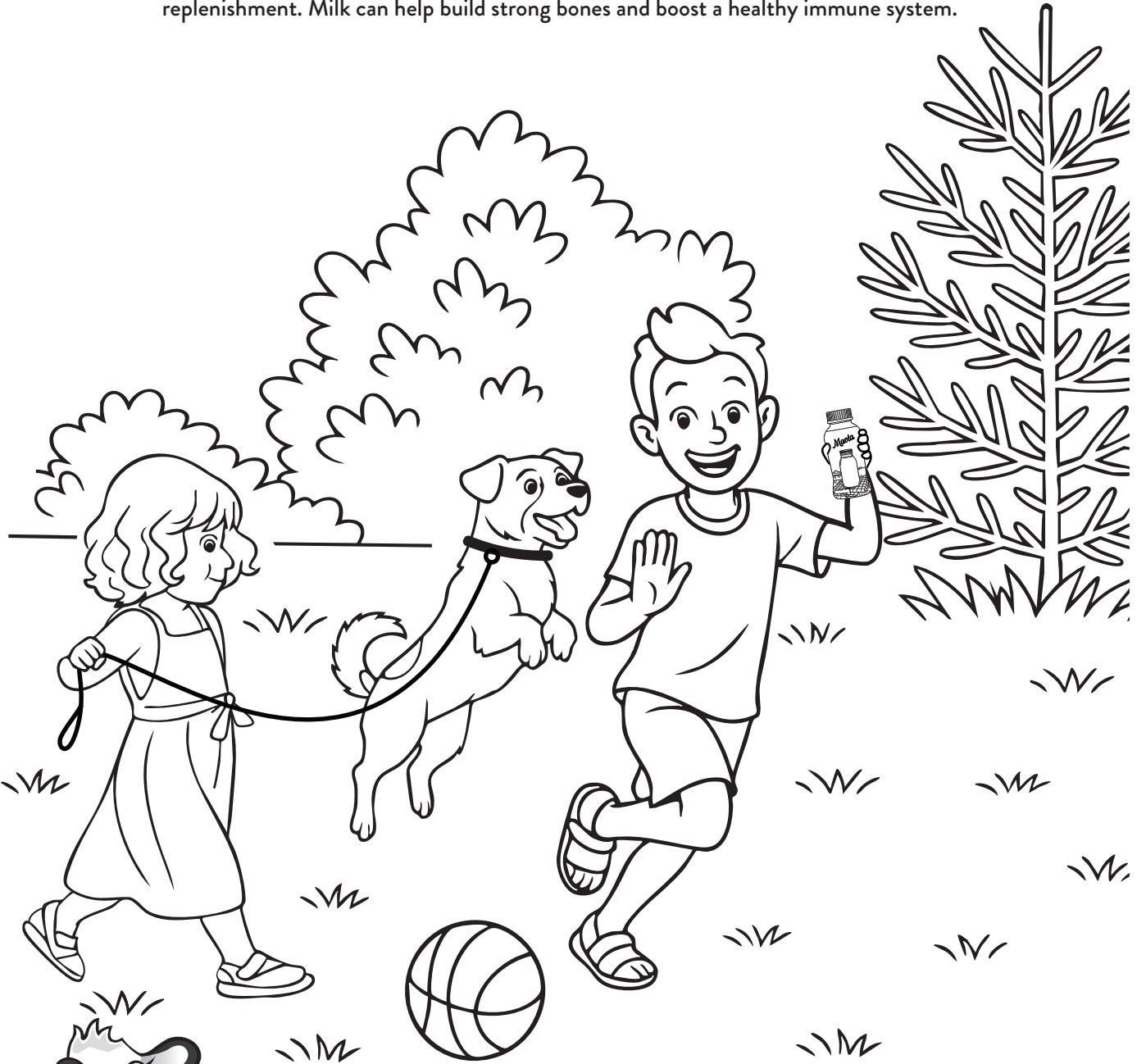
CALCIUM

CHOCOLATE

HYDRATION

Fueled by Milk

Milk gives us the energy and nutrients we need for recovery after activity, re-hydration, and replenishment. Milk can help build strong bones and boost a healthy immune system.



Did you know that milk provides
MORE hydration than water!¹

Maola

Moo'd-Lib: On a Mission for Fresh Milk

One _____ day, my best pal _____ and I set out on a very important quest: to find milk at the grocery store!

adjective person's name

We grabbed our _____, hopped on our _____, and zoomed down the _____ street.

plural noun vehicle
adjective

At the grocery store, we took a _____ cart and zoomed through the aisles like _____ on a mission. We passed the _____, the _____ vegetables, and the aisle full of _____.

adjective plural noun plural food color
silly object

Finally, we found the milk! But oh no — it was guarded by a _____ wearing a name tag that said “_____.”

mystical creature
funny name

“To get this milk,” it said, “you must answer my riddle: what’s white, cold, and moo-oves people to smile?”

“Maola milk!” we shouted.

We grabbed the milk, did a happy _____, and raced home to pour giant glasses of it with _____.

dance move
food

It was the most _____ adventure of our lives.

adjective

Make Your Favorite Milk

Design your own milk carton. Does your milk have strawberries, chocolate, or vanilla in it?
Maybe you invent a fun new flavor!



Maola



Mooella Knows Best— Fresh Milk is Foundational!



At Maola, we take farm fresh seriously by providing local dairy products throughout the Mid-Atlantic and Southeast.

Every sip provides essential nutrients and hydration, helping people of all ages thrive.

Taste the joy in Maola milk products, knowing our farmers pour their hearts into every bottle for you!

Learn More: [MaolaMilk.com](https://www.MaolaMilk.com)
Follow Us: [@MaolaMilk](https://twitter.com/MaolaMilk)

1 Seery S, Jakeman P. A metered intake of milk following exercise and thermal dehydration restores whole-body net fluid balance better than a carbohydrate-electrolyte solution or water in healthy young men. *Br J Nutr.* 2016 Sep;116(6):1013-21. doi: 10.1017/S0007114516002907. Epub 2016 Aug 1. PMID: 27477047.

2 <https://www.usdairy.com/dairy-nutrition/health-wellness>

3 <https://www.newenglanddairy.com/blog-post/dairy-nutrients-child-brain-development/>

4 Spatially Resolved Greenhouse Gas Emissions of U.S. Milk Production in 2020, *Environmental Science & Technology*, doi: 10.1021/acs.est.5c01166

5 <https://www.americandairy.com/dairy-farms/milks-farm-to-table-journey/>