



# WHAT'S YOUR CONNECTICUT MOO I.Q.?

The milk, yogurt, cheese, butter, ice cream, and other dairy products you enjoy start with cows on Connecticut family farms. Boost your dairy farming knowledge with these fun facts!

## CONNECTICUT DAIRY FARMING BY THE NUMBERS\*

Number of dairy farms: **100**

Number of dairy cows: **19,000**

Acres of greenspace preserved: **72,000**



## DAIRY HELPS KEEP YOU HEALTHY!



Each 8-oz. glass of milk includes

**9** ESSENTIAL NUTRIENTS your body needs.

CALCIUM  
PANTOTHENIC ACID  
PHOSPHORUS  
PROTEIN  
VITAMIN A  
VITAMIN D  
VITAMIN B12  
RIBOFLAVIN  
NIACIN

## DAIRIES GO HIGH TECH

Some farms use technology like robots and **TRANSPONDERS** to help care for their cows.



## COWS PROVIDE!

Each dairy cow produces

**128**  
GLASSES OF MILK A DAY!

(That's 46,720 glasses a year!)



Milk goes from farm to fridge in **48 HOURS.**



\*Numbers are approximate.

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VISIT [WWW.NEWENGLANDDAIRYCOUNCIL.ORG](http://WWW.NEWENGLANDDAIRYCOUNCIL.ORG) AND [CTDAIRY.ORG](http://CTDAIRY.ORG) TO LEARN MORE ABOUT DAIRY FARMS IN CONNECTICUT.



Connecticut Dairy

