

# From grass to glass – the journey of milk

## Did you know?

Happy and healthy cows are the number one priority on the farm.



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## The Dairy Farm

There are thousands of dairy farms in the UK. Dairy farms are all different shapes and sizes, with small herds of 50 cows to farms with more than 1,000 cows.

The farmer's most important job is to look after the health and welfare of the cows.

Farmers also look after the countryside, maintaining hedgerows, planting trees and establishing new ponds.



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## Did you know?

Cows can lie down for up to 14 hours a day.



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## The Cow

Most British dairy cows eat grass in the field during the summer and silage (pickled grass or maize) in the winter – around 25-50kg a day. They drink around 60 litres of water, although some drink more if they produce more milk.

Each cow wears ear tags with a unique number – this is also on their cattle passport.

Most dairy cows graze outdoors during the summer and stay indoors during the winter. There is plenty of space inside the shed, allowing the cows to move around, be sociable and rest.



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## Did you know?

A typical milk tank can hold up to 10,000 litres of milk, enough for more than 35,000 bowls of cereal.



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## Milking

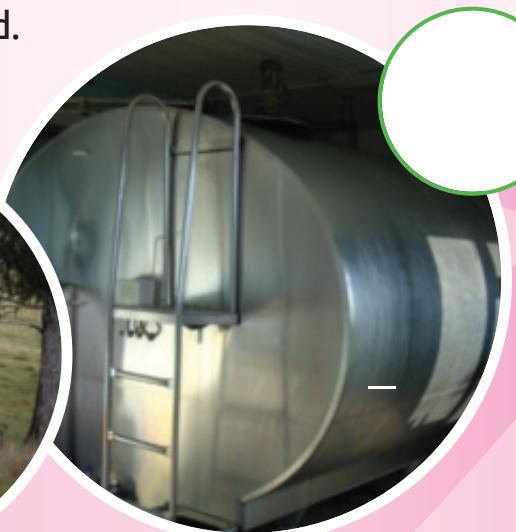
Cows are milked on average 2-3 times a day.

Milking is not painful or uncomfortable, it is like the cow feeding its baby calf.

Once the cows have been milked the milk is chilled and stored.

A milk tanker calls at the farm to collect the milk.

It is then taken to be processed.



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## Did you know?

Six billion litres of milk go into dairy products such as cheese, butter and dried milk powder.



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## Processing

The raw milk from the farm is treated to stop any naturally occurring bacteria turning it sour. This process is called pasteurisation.

Some types of milk have some of the fat removed, e.g. semi-skimmed milk. The milk is put into bottles or cartons and is sent to different places for sale.

Milk is also used to make cheese, yogurt, cream and butter.



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## Did you know?

Whole milk  
is less than  
4% fat.



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## In the Shops

The fresh milk is available for sale. It is kept cold to keep at its best.

Some people have milk delivered to their home, others  
buy it from local shops or supermarkets.

Many school children have milk at  
school as a drink.



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## Did you know?

Red Tractor Farm  
Assured British milk  
is world class.



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## Drink and Enjoy

Milk can be enjoyed as a drink, poured on breakfast cereal or used in many different recipes.

