



BEST PRACTICES ON CONNECTICUT DAIRY FARMS **FROM OUR FARM TO YOUR TABLE**

Connecticut dairy cows produce about 2 million glasses of milk per day. Milk's journey from a dairy farm to your favorite retailer takes as little as two days. This is thanks to efficient and sustainable farming practices that ensures nutritious milk arrives safely and freshly from our farm to your table!

On the Farm

Getting fresh milk to you starts with happy, healthy cows. Farmers closely monitor their health using technology. Cows' diets are specially prepared by nutritionists, and they receive regular veterinary care. The state's 19,500 cows are milked about 2-3 times per day, producing about 6-7 gallons of milk each. All milk is tested for quality and safety both on the farm and at the processing plant.

Processing Milk

Milk is processed in sealed containers and does not come into human contact. It is pasteurized (a process of super heating and then cooling to kill any microorganisms) and homogenized, so the fat and liquid in the milk stay evenly mixed and stored until it's time to transport. Milk goes through a process to separate the cream from the milk. The cream and milk are remixed to the desired fat content to produce whole milk, skim milk, 1 or 2 percent milk or other varieties.

Packaging and Selling

After processing, milk is packaged into either paper, plastic, or glass containers. Milk that is used to make cheese or yogurt will go through a different process and packaged in other ways. Many of Connecticut's dairy farms package and sell their own milk and dairy products and even make home deliveries.



Learn more and find
delicious recipes at
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