



BEST PRACTICES ON CONNECTICUT DAIRY FARMS

FUN FACTS

Connecticut's 90 dairy farms use research, industry best practices and the latest technology to continuously improve milk production, enhance their sustainability practices and ensure the health and safety of their 19,500 cows.

Udderly Fun Facts



Farm Fun Facts

19,500

Dairy Cows in CT

90

Dairy Farms in CT

67,000

Acres of land

97%

Family Owned

5,000

Dairy Industry Jobs

\$2.2 billion

Economic Impact

Milk Fun Facts

13

Essential nutrients in one glass of milk

8^{oz}

Milk equals one serving of dairy to provide high-quality protein

10

Cups of raw spinach you need to eat to have the same calcium as one glass of milk

All

All milk – low fat, fat free or flavored, has the same high nutritional content

Cow Fun Facts

- The average cow produces 6-8 gallons of milk each day
- Cows eat about 100 pounds of feed each day
- Cows have 1 stomach with 4 digestive compartments
- Cows have 32 teeth and will chew for up to 8 hours per day
- Cows can walk up stairs, but not down stairs

Environment Fun Facts

Compared to 2007, producing a gallon of milk uses:

21%

Less Land

20%

Less Water

19%

Smaller Footprint

Learn more and find
delicious recipes at
CTDairy.org



CTDairyFarms



connecticutdairy



Connecticut Dairy