

## A PART OF OUR HISTORY

Until the last decade of the 19th century, farmers in Manitoba mostly produced milk to feed their families. Since then, a lot has changed. Today there are hundreds of dairy farms in our province!



## HIGH-TECH MILKING

Cows used to be milked by hand, but today, many farms in Manitoba have **automated milking systems**, which allow cows to choose when and how often they get milked!

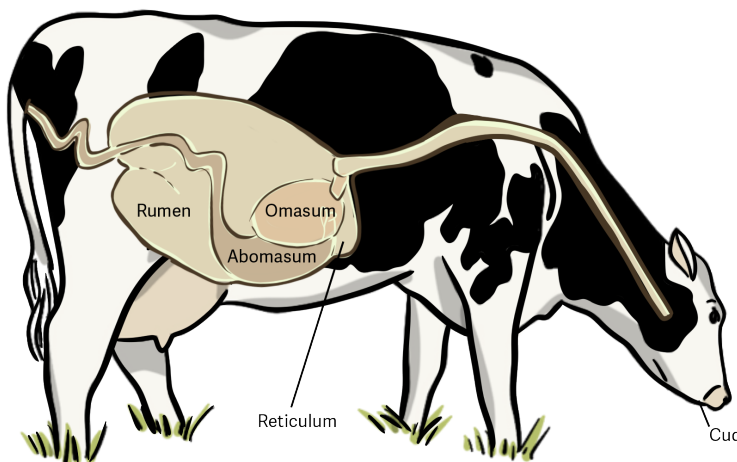
## DAIRY COWS ARE RUMINANTS

This means that they have a **four-chambered stomach**. Cows' stomachs allow them to digest fibrous material like grass, which our single stomach can't digest.



## KEEPING YOU STRONG AND HEALTHY

No matter what kind of milk you drink, you always get the same essential nutrients in every glass, including **calcium, protein,** and **Vitamins A and D.**



## DAIRY AND THE ENVIRONMENT

Canada has one of the **lowest carbon footprints in the world** for dairy. From 1990 to 2019, the carbon footprint for a litre of Canadian milk decreased by 22 per cent. It's important for dairy farmers to protect the land, water, and air for their families, surrounding communities, and future generations.



A cow's spots are unique, just like our fingerprints!



## TAG, YOU'RE IT!

When you visit a dairy farm, you'll also notice each cow has **ear tags**. Cows receive ear tags in each ear soon after they are born – and the tags stay with them their entire life. They tell the farmer who each cow is and keep track of each cow in Canada.

## SO MANY DAIRY PRODUCTS

Dairy products include:

**Skim, 1%, 2%, and 3.25% milk**

**Flavoured milk products, like chocolate**

**Cream**

**Buttermilk**

**Butter**

**Cheese**

**Cream cheese**

**Cottage cheese**

**Sour cream**

**Yogurt**

**Ice cream**

