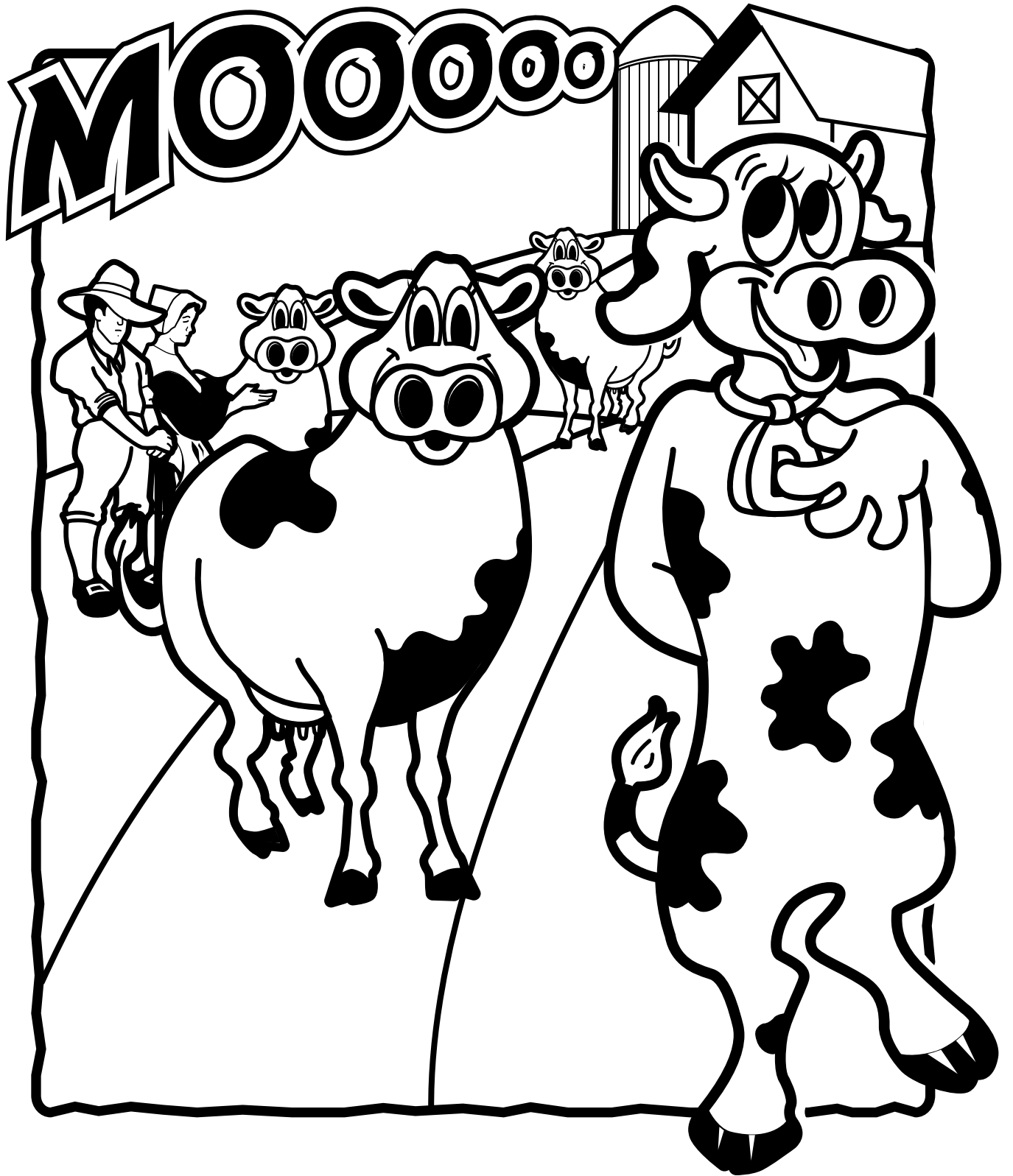


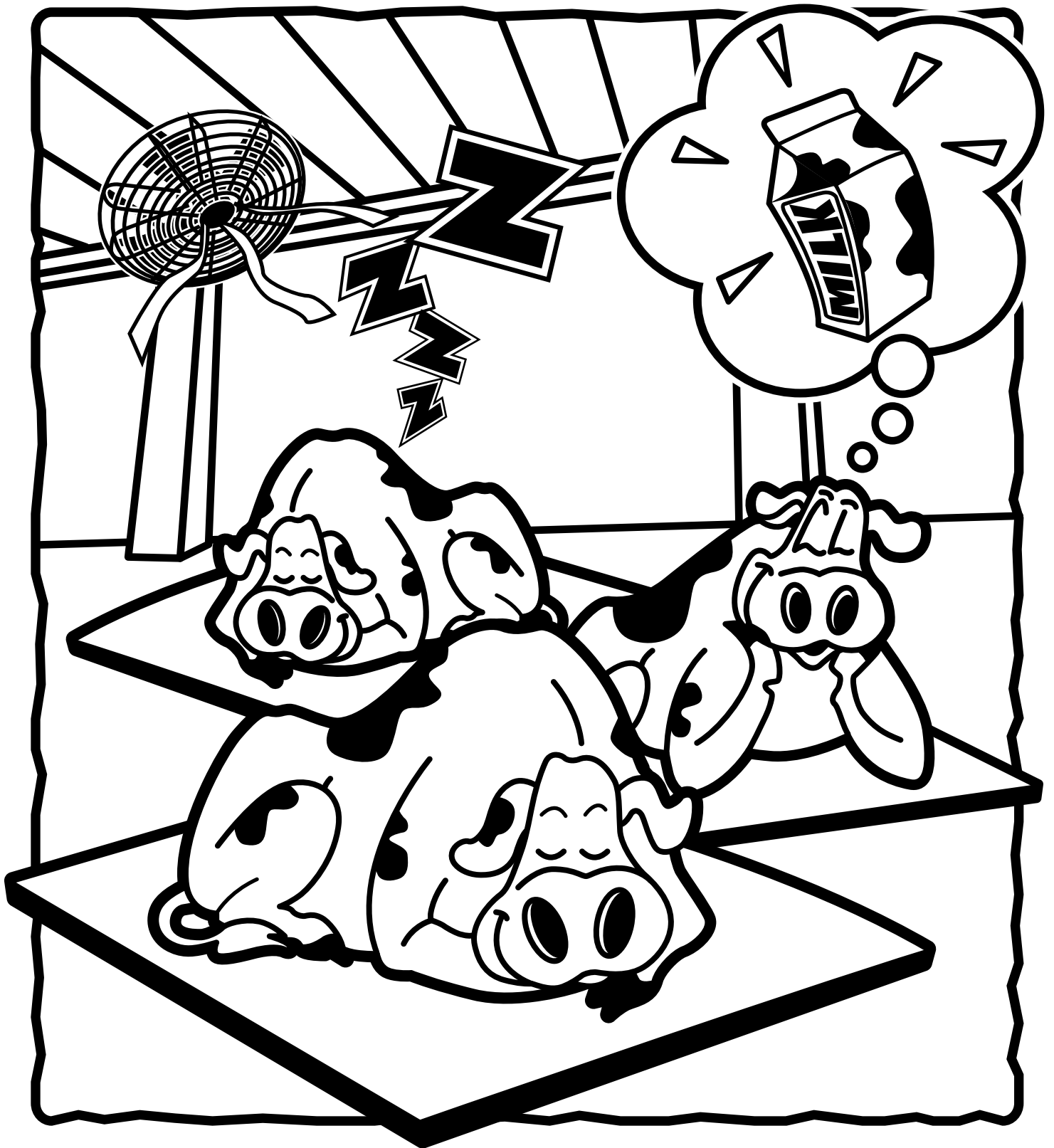
Hi! I'm Buffy the Sunshine Cow. Bet you thought the milk you put on your cereal this morning came from the grocery store. Well, in a way, it does. That's Where you **buy** it. But I want to show you where milk gets its start. So come on, let's go!



Milk's journey to your table begins with cows like me, Buffy! Dairy farms play an important role in our country's agriculture. Did you know that dairy cows first came to America way back in 1611?

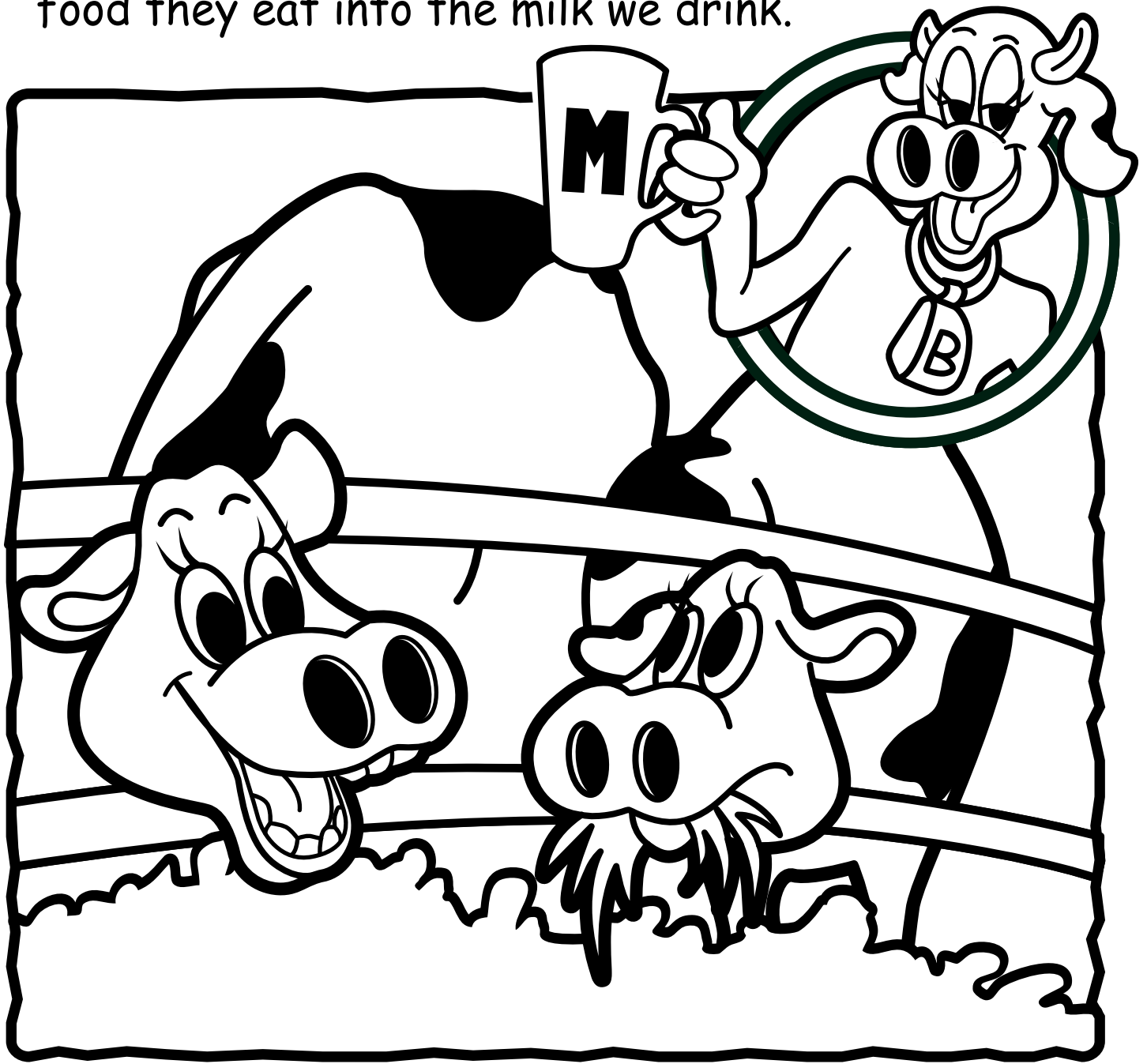


The owners of my farm, **M&B Products**, have been farming for a long time, but not since 1611! They have been dairy farmers for five generations. They run a big dairy in Lecanto, Florida, not far from the Gulf of Mexico. About **675** cows live there.

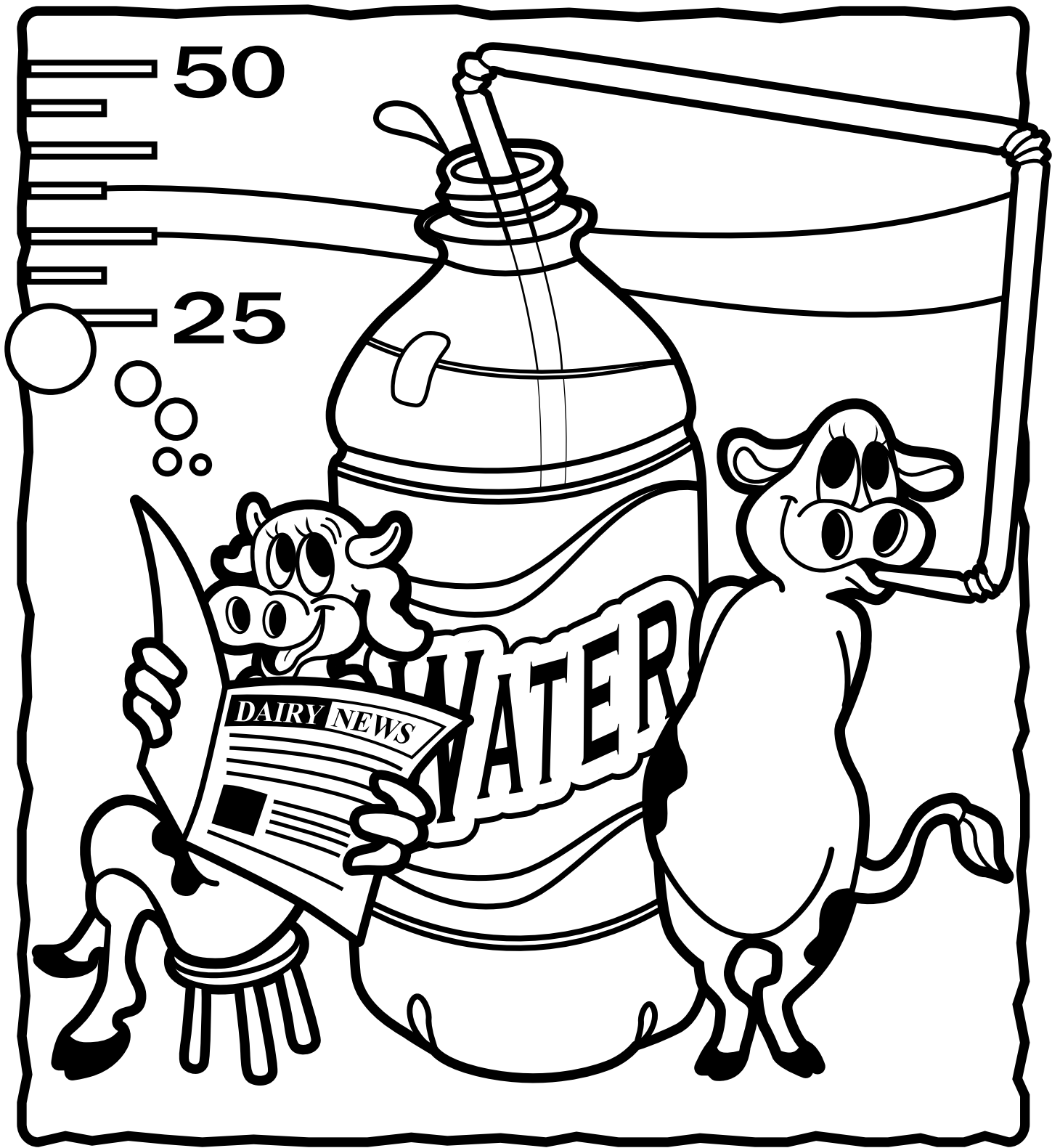


The farmers at M&B work hard to be good neighbors. They love their cows and take good care of the land. Did you know that M&B cows sleep on rubber [mattresses](#) and live in cool, open-air barns?

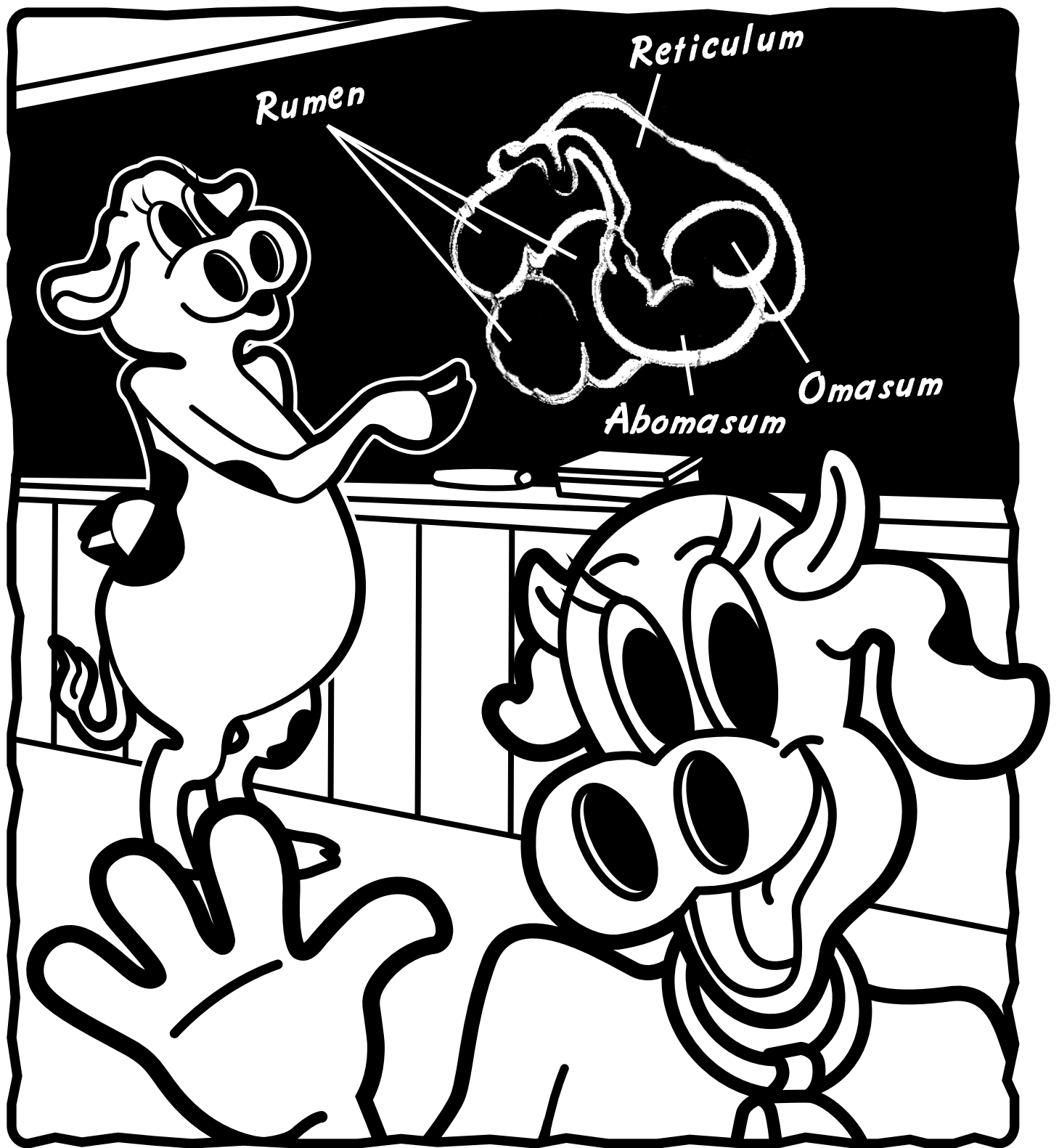
Because M&B's cows are happy, they produce lots of milk. Cows make milk by turning the food they eat into the milk we drink.



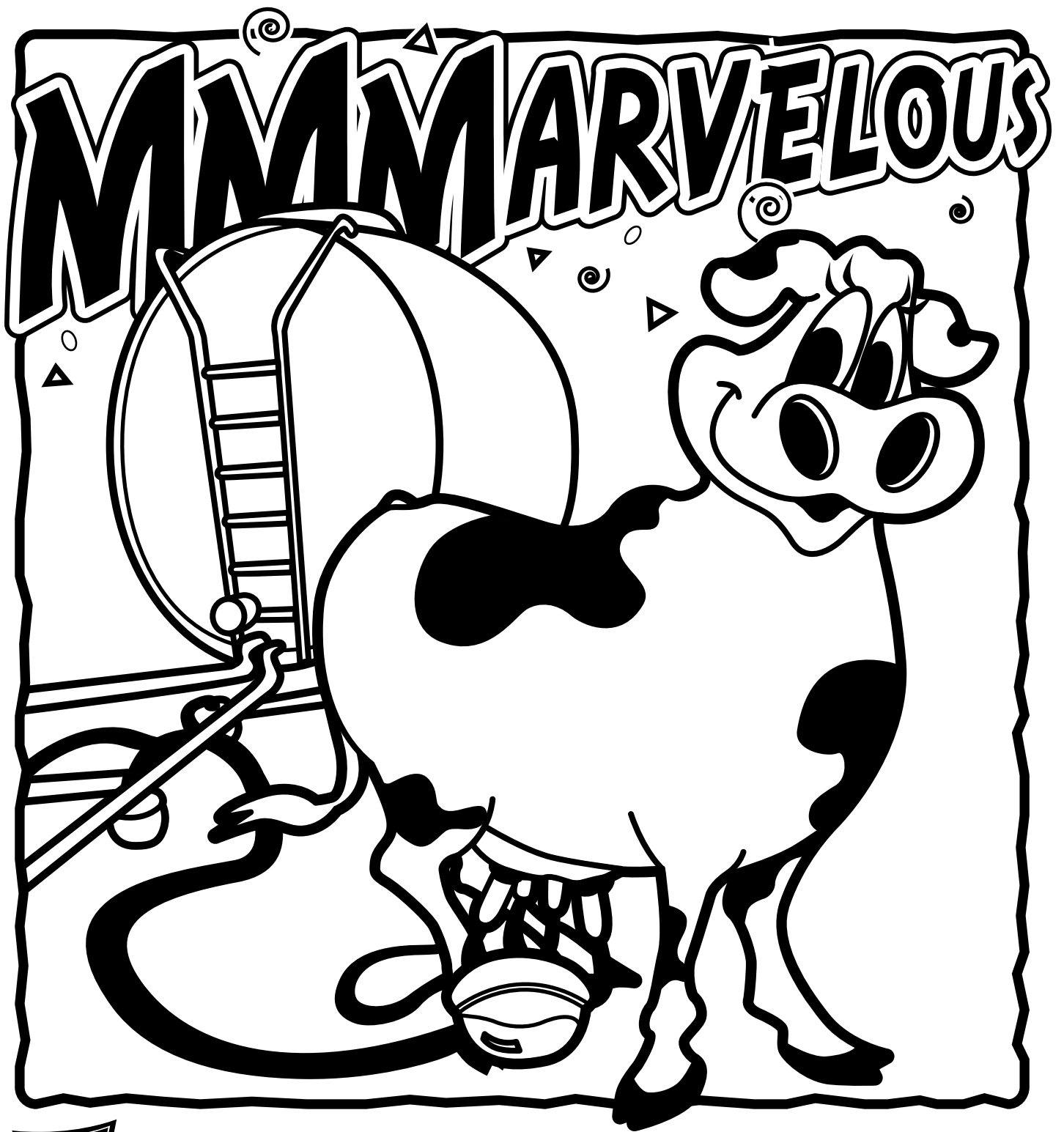
M&B cows eat feed and something called green chop, which is hay that's not been dried. Green chop comes right from the farm's pasturelands. Cows also eat 4 pounds of molasses every day!



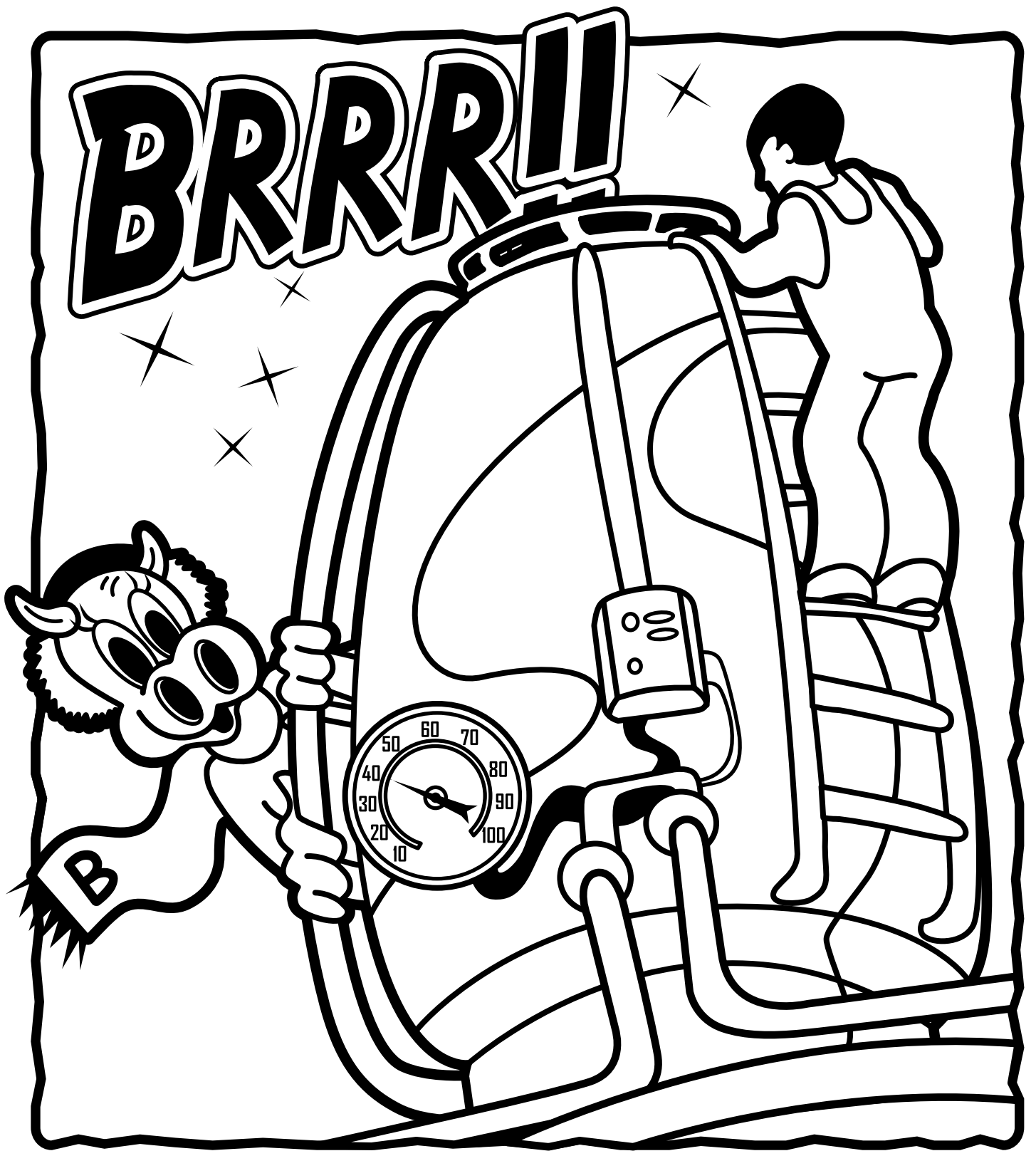
To wash all that down, each cow drinks 25 to 50 gallons of water a day. *Holy Cow!*



Did you know that a cow doesn't really have four stomachs? A cow actually has one stomach with four compartments. The compartments help it digest all that water and food.

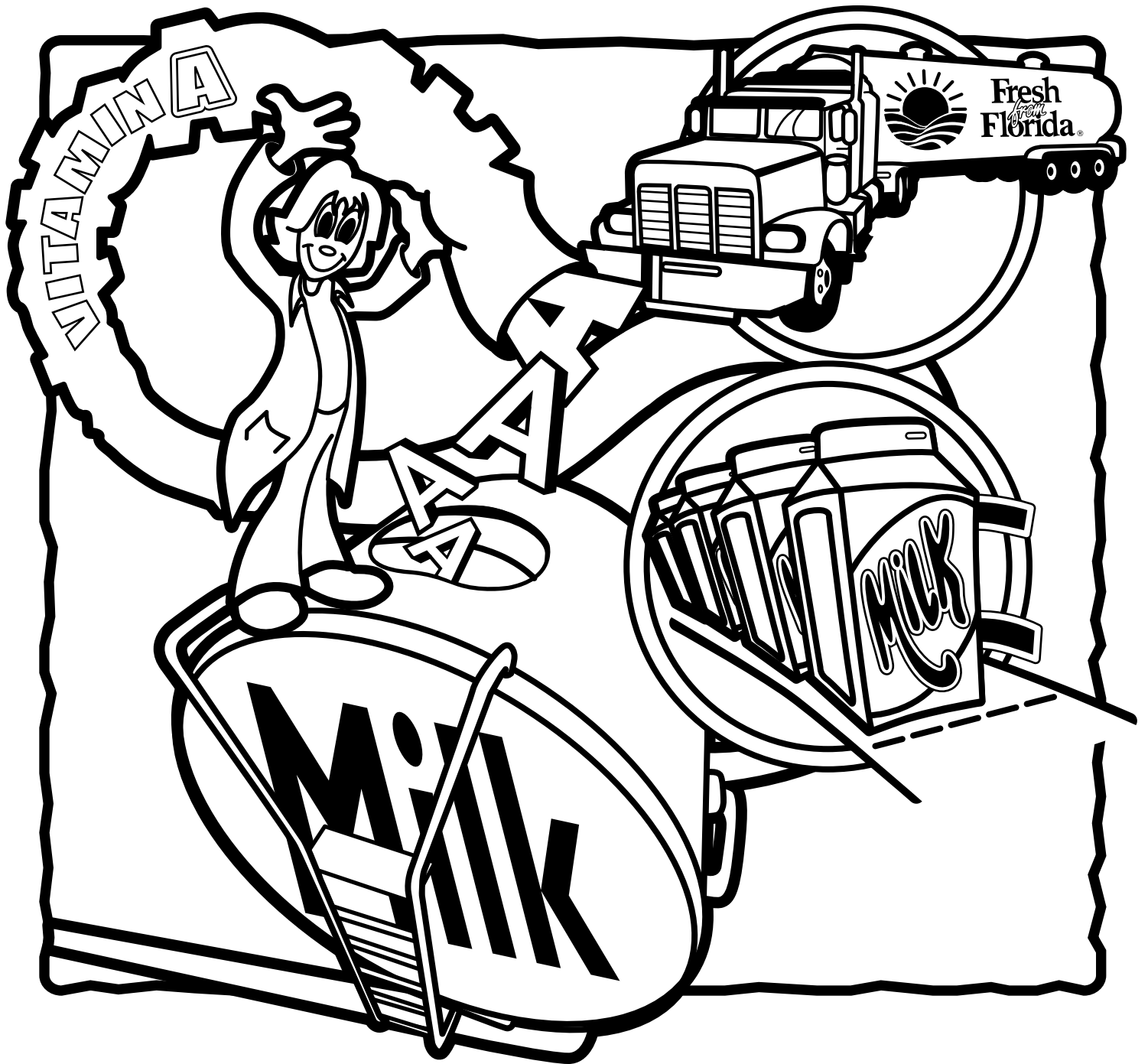


When it's time to be milked, the cows are led to the milking parlor. The milk is gently taken from their udders and put into a big tank where it is cooled. A single cow can give as much as 90 to 120 glasses of milk a day.



The milk is 101 degrees when it comes out of a cow's body. Farmers quickly put the milk into a big **stainless steel** holding tank, where it is cooled to 40 degrees.

Each day, shiny tanker trucks haul the fresh milk to our processing plant.



At the plant, the milk is pasteurized, standardized, homogenized and fortified with **Vitamins A & D**. Then it is packaged and shipped to grocery stores and schools in your neighborhood.



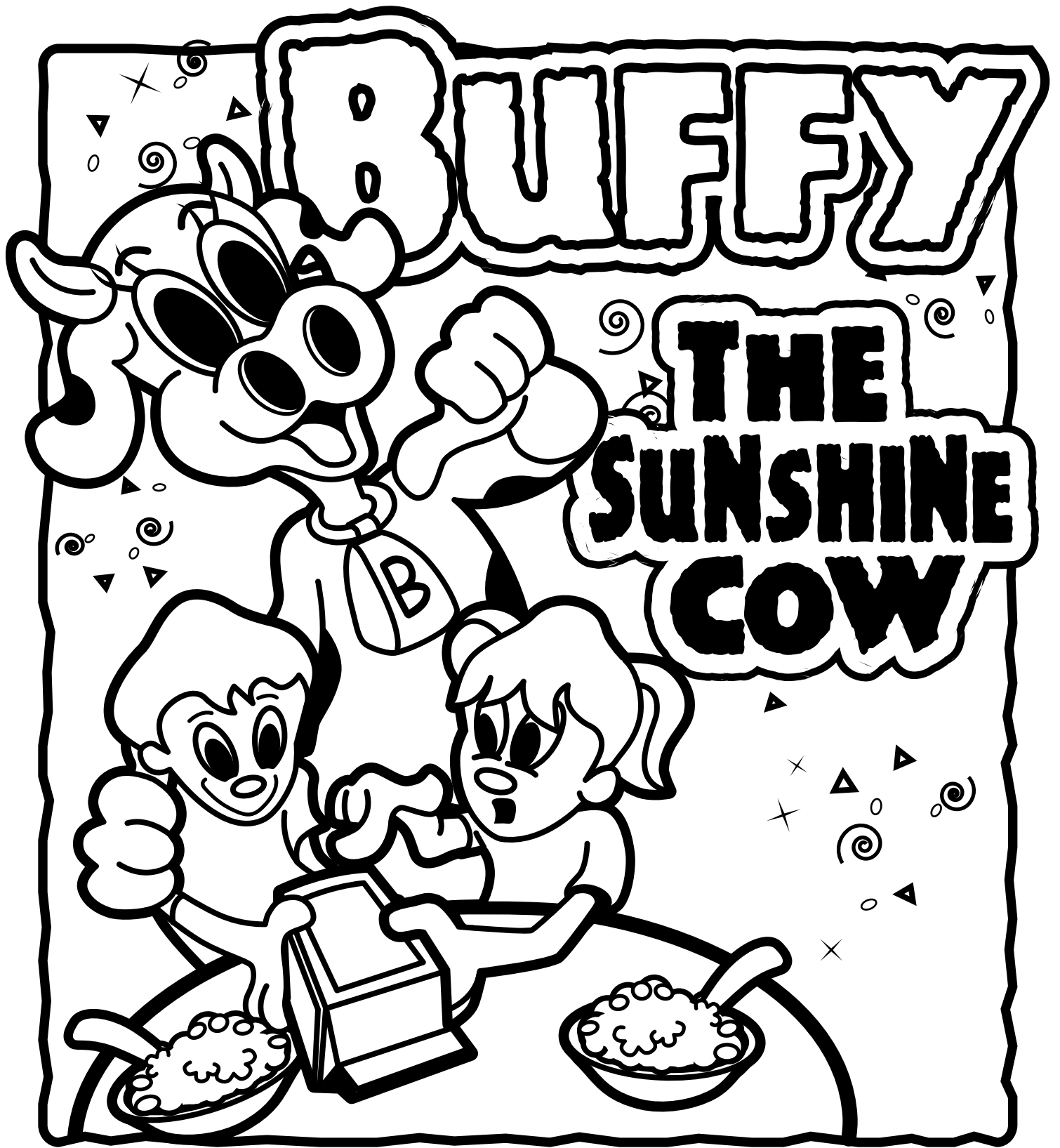
Of course, some of that delicious milk is used to make other dairy products, like cheese, yogurt, butter and ice cream!



Some of the milk from M&B's cows is used to make creamy chocolate, vanilla, and strawberry shakes. They're called **Buffy's Awesome! Shakes**, and they're named after - guess who? - me!



Dairy products are an important part of a healthy diet. Eat lots of dairy products to build strong bones and teeth.



The next time you sit down to breakfast, remember how your milk got its start. Just think of me ...
BUFFY the Sunshine Cow!