



June Is National Dairy Month

We all know that dairy products are essential to good health. In the last year alone, studies have proven dairy products to play a key role not only in preventing diseases like osteoporosis and cancer, but in controlling blood pressure and weight.

Dairy farmers in America currently raise approximately 9,188,000 cows. Major breeds include Ayrshire, Brown



Swiss, Guernsey, Holstein, Jersey and Milking Shorthorn. Milking their cows at least twice a day, dairy farmers produce over 143 billion pounds of milk per year.

This June, increase your dairy intake and take the time to say thanks to the dairy farmers across America who work hard to provide us with the products essential to good health.

America says, "Thanks to its dairy farmers!"

Vanderham Dairies