

# CHOOSE PA DAIRY

*goodness that matters*

## Strong Communities



The Copenhaver family,  
Lebanon County

Pennsylvania is home to more than **6,500 dairy farm families**, nearly **40 dairy processing companies**, and a wide array of small-scale dairy creameries and artisan

cheese makers. Both the farm and processing sectors are important contributors to Pennsylvania's economy, with an abundant supply of rich, wholesome dairy products found locally 52 weeks and 365 days out of the year.

Pennsylvania's dairy farms are the backbone of rural communities, providing a local source of fresh, wholesome milk, valuable economic revenue, good jobs, and open spaces for our natural resources.

**Dairy matters to Pennsylvania's economy, to the tune of \$14.7 billion in annual revenue and more than 52,000 jobs.**

Every one cow supports \$24,000 in annual Pennsylvania economic revenue for the Commonwealth, and every 10 cows support one job in the Commonwealth.



ensure you are buying local milk at the grocery store and other places.

Choosing PA Dairy is as easy as looking for the **PA Preferred® logo** or for the Pennsylvania **plant code 42** to

42-099 09:49  
SELL BY 05/13/18

Learn more about PA milk and how to find it at  
[www.choosepadairy.com](http://www.choosepadairy.com)



# Strong Bodies

One serving  
of milk meets  
the daily values  
for the following  
nutrients (based on  
FDA guidelines):

- **Calcium (30%):** Helps build and maintain strong bones and teeth
- **Riboflavin (25%):** Supports body growth, red blood cell production and metabolism
- **Phosphorus (25%):** Strengthens bones
- **Vitamin D (25%):** Helps promote the absorption of calcium
- **Vitamin B (22%):** Helps convert food into energy
- **Potassium (11%):** Regulates fluid balance and helps maintain normal blood pressure
- **Vitamin A (10%):** Promotes good vision and healthy skin
- **Niacin (10%):** Promotes proper circulation

*Dairy farm families provide nutritious, great tasting and high quality dairy products that contribute to your strong body.*

Milk contains **9** essential nutrients and the **most complete package of nutrition available naturally.**

**One 8-ounce serving of milk has 8 grams of protein.**



Getting the recommended **three servings of dairy per day** can help build bone mass, leading to improved bone health throughout your life cycle.

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