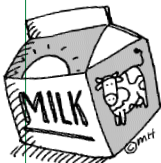


Agriculture Adventures for Families

Welcome to another year of Ag Adventures! We hope you enjoy sharing the information we gather on this page and always look forward to your feedback and, of course, your completed word searches. We start out 2019 by sharing some information about National Milk Day which falls on January 11th. As you browse through the grocery aisles and dairy cases at the store there are many, many choices of milk. We are fortunate to select dairy milk or non-dairy

alternatives such as rice, coconut, soy or almond milk. Read your labels to determine what choice best suits your family and dietary needs.



Milk Nutrients

Milks essential nutrients help you grow strong & healthy.

- Calcium: Builds and maintains strong bones and teeth
- Vitamin D: Helps absorb calcium for healthy bones
- Riboflavin: Converts food into energy
- Phosphorus: Helps keep bones strong
- Protein: Builds and maintains lean muscle
- Potassium: Regulates fluid balance and blood pressure
- Vitamin A: Promotes good vision and healthy skin
- Vitamin B12: Helps red blood cells
- Niacin: Converts food into energy

Source: dairymakesense.com



It is generally thought that **Milk Day** was created to celebrate the first time milk was delivered in glass bottles. Prior to this, conditions for milk delivery were fairly unsanitary but the new bottles enabled safe and clean storage.

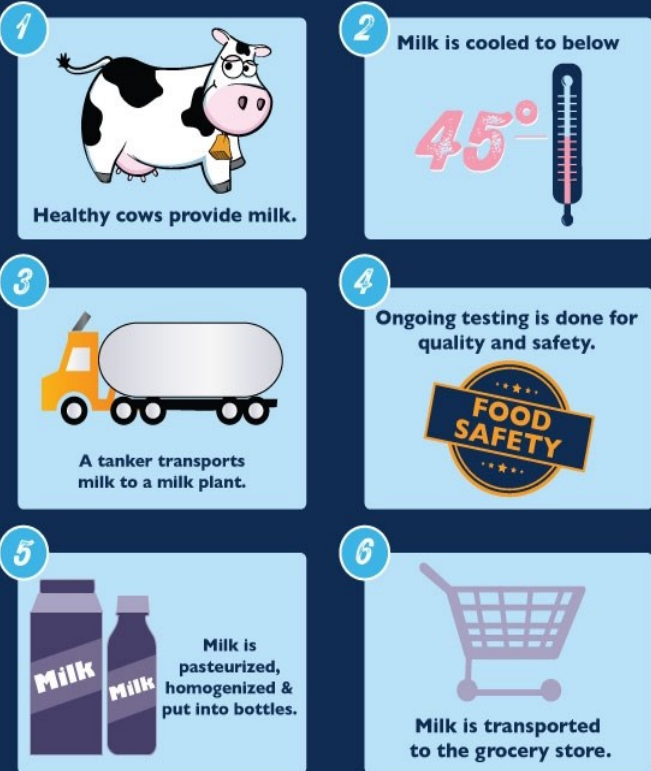
Milk Day soon grew to be a day dedicated to all aspects of milk. Whether it is the health benefits of drinking it or the farming industry that produces it, the day is used to celebrate the wonders of milk.

Source: nationaldaycalendar.com/national-milk-day-january-11



Milk Is a Local Food

Milk travels from the cow to the grocery store in about 48 hours.



For more information, visit MidwestDairy.com.



Test Your Dairy IQ!

1.) Q. How many glasses of milk, on average, does a cow in the U.S. give per day?



A. 20 B. 75 C. 100 D. 150

2.) Q. How much water does a milking cow drink each day?



A. A gallon B. A bucket full C. A bathtub full

3.) Q. How do dairy farms contribute to the environment?



- A. Recycling water
- B. Caring for the soil
- C. Recycling manure
- D. All of the above

Source: www.discoverdairy.com

Answers: 1-D, 2-C, 3-D

FUN FACT

Q. Why do cows moo?

A. Just like you and me, they "talk" to express how they're feeling. A smart farmer or veterinarian can often tell what the cow is needing by the sound of their moo. Cool!

MOO

MOO

MOO

*** Before modern milking machines, a farmer could milk about six cows by hand in one hour. Now, farmers can milk over 100 cows in an hour!! Illinois has about 102,000 dairy cows that produce close to 2 billion pounds of milk a year.

Source: www.agintheclassroom.org/teacherresources/AgMags/Dairy



January Word Search

Bottles
Calcium
Cows
Dairy
Delivery
Farmer
Healthy
Machines

Milk
Moo
Nutrients
Pasteurized
Protein
Safety
Storage
Strong

O B Q B C N Z M N S W T D G N
F J O D E G U D U Y W E Y K I
S T O R A G E T H I L O O L E
G L F X D Z H T R I C O C I T
T J Z P F G L A V I M L X M O
H S E Q C A W E G E E N A Y R
P A S T E U R I Z E D N Y C P
H F V H G Y O M S C P M T R S
S E L T T O B T E X T A T S X
F T N O K E R H K R N C C Z F
V Y H L X O Y R I A D H V E H
D A N A N D T C A D X I M J O
I F K G Z V Z V V E H N Y V T
G C F Z T S R E P X C E Y G C
Y I S J O M J F Z S M S P U M

Name: _____

Phone #: _____

Membership #: _____

(Membership # is located on front of paper)

If you were to win, check your preference:

___ Beggar's Pizza GC ___ HRI GC ___ 3 Movie Tix
(If a choice is not made, movie tickets will be sent)

Deadline is the 20th of each month.

Choose your prize:

Choices include a \$25 Beggar's Pizza Gift Card, a \$25 Home Run Inn Gift Card, OR *3 AMC Movie Tickets *AMC Yellow tickets not valid in California, New York & New Jersey.

Complete the Word Search puzzle for your chance to win! Winners will be contacted by mail.

Mail to: Cook Co. Farm Bureau

Ag Adventures Word Search

6438 Joliet Rd

Countryside, IL 60525

Fax to: 708-579-6056

Email to: FBcooperator@gmail.com

Complete and submit an entry every month all in 2019 and your name is automatically entered into an "End of Year" drawing for a gift basket full of ag themed goodies. Good luck!

Last month's word search

winner is ...



Michael O'Brien