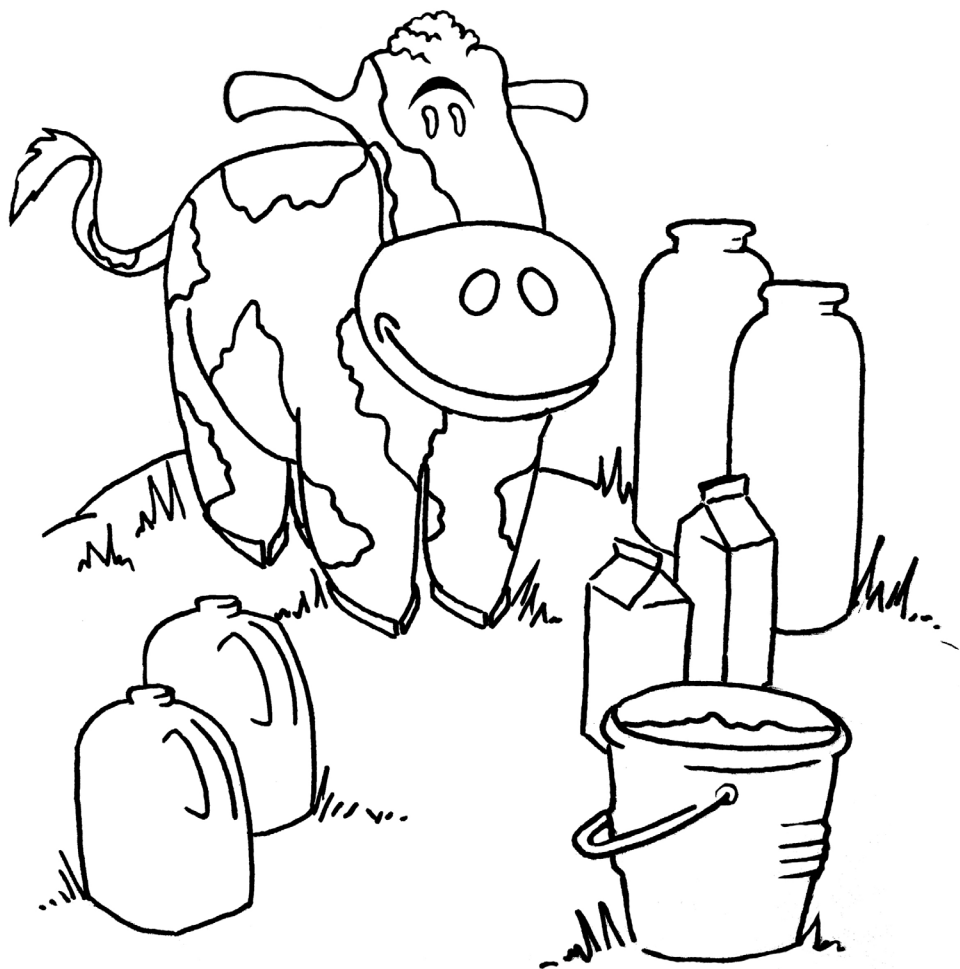


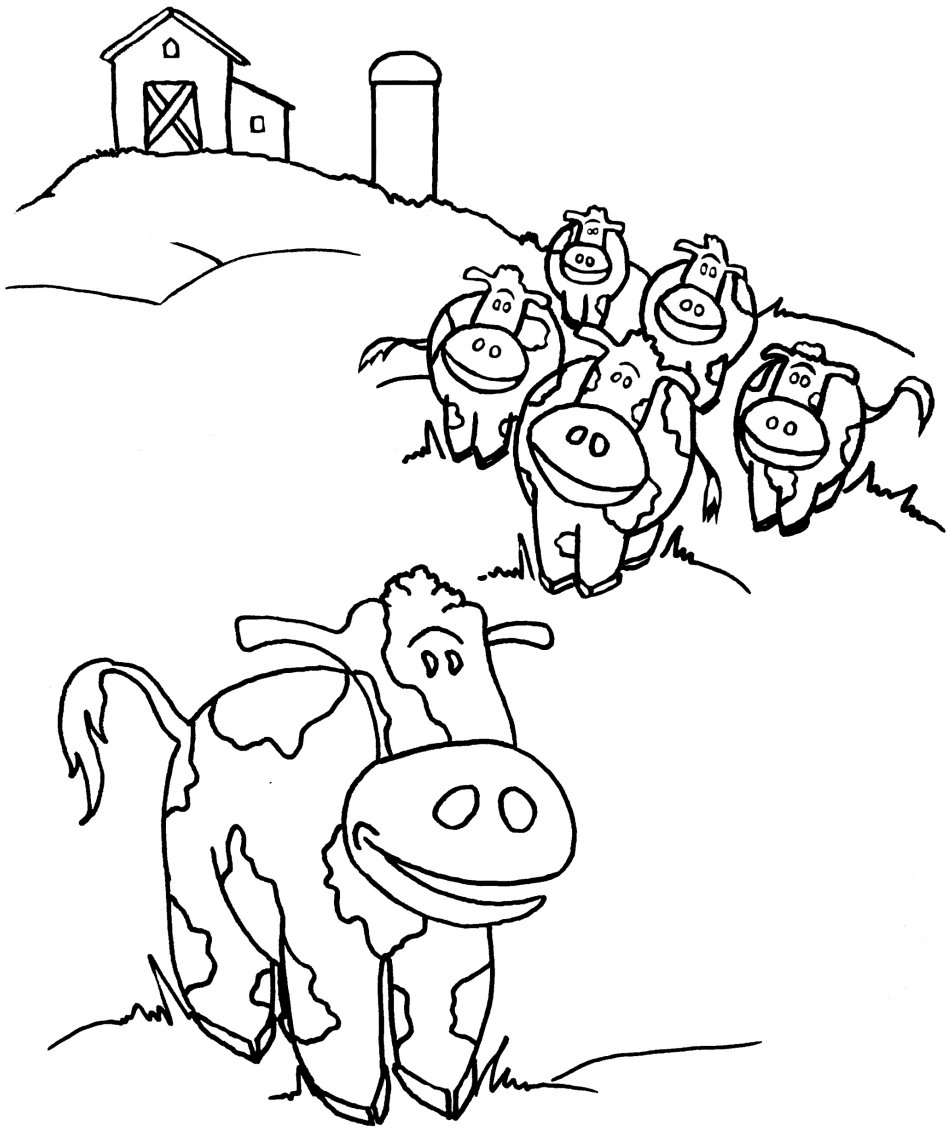


Hello, my name is Coco.
I am a dairy cow.



I make milk.

I live on a dairy farm
with a group of other cows.

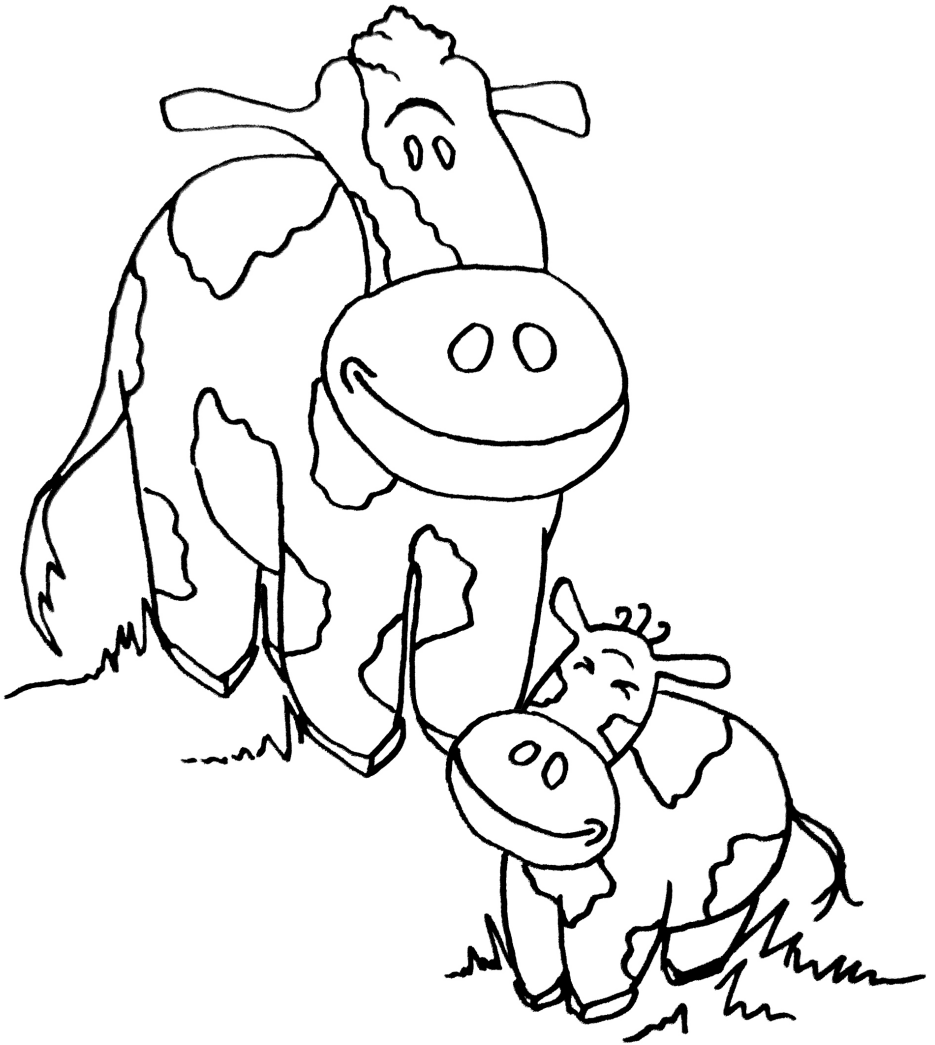


Our group is called a herd.

This is Uncle Joe.
He is a dairy farmer.

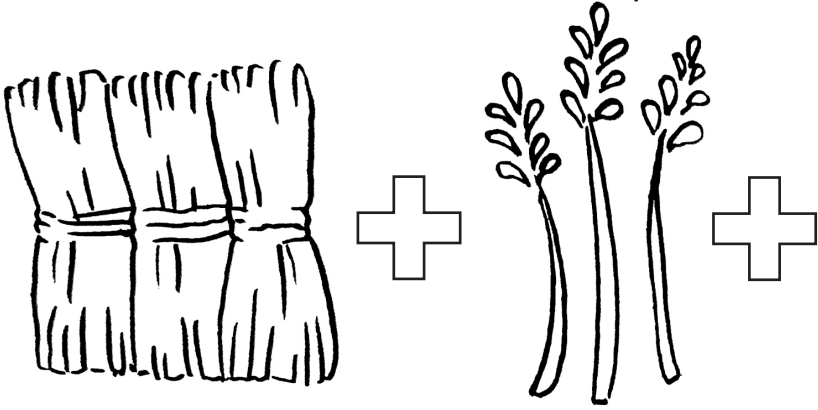


He keeps us happy,
comfortable and well fed.



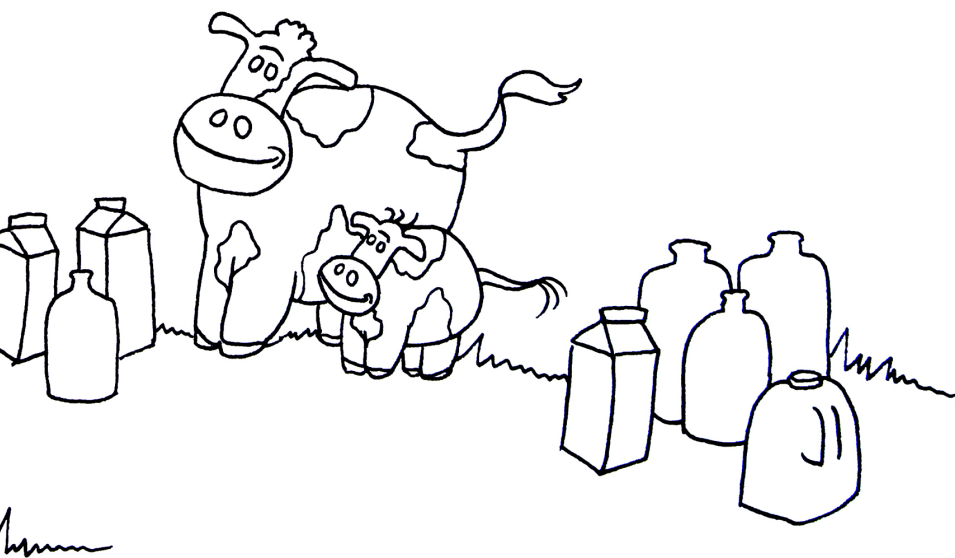
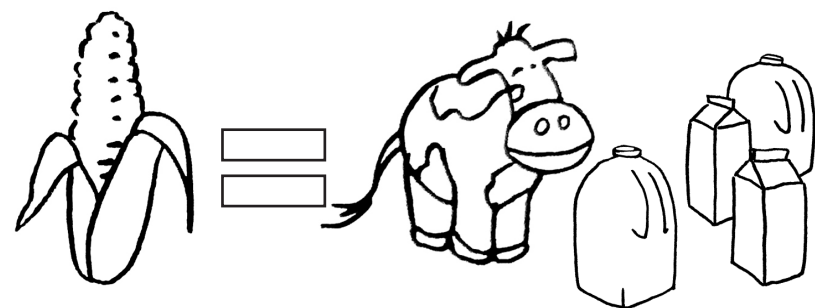
A baby cow is called a calf.

Uncle Joe feeds us
which helps us m



We make more milk than
so we share the

lots of good food
make lots of milk.



an our calves can drink
extra with you.

Uncle Joe uses a machine
to milk us.



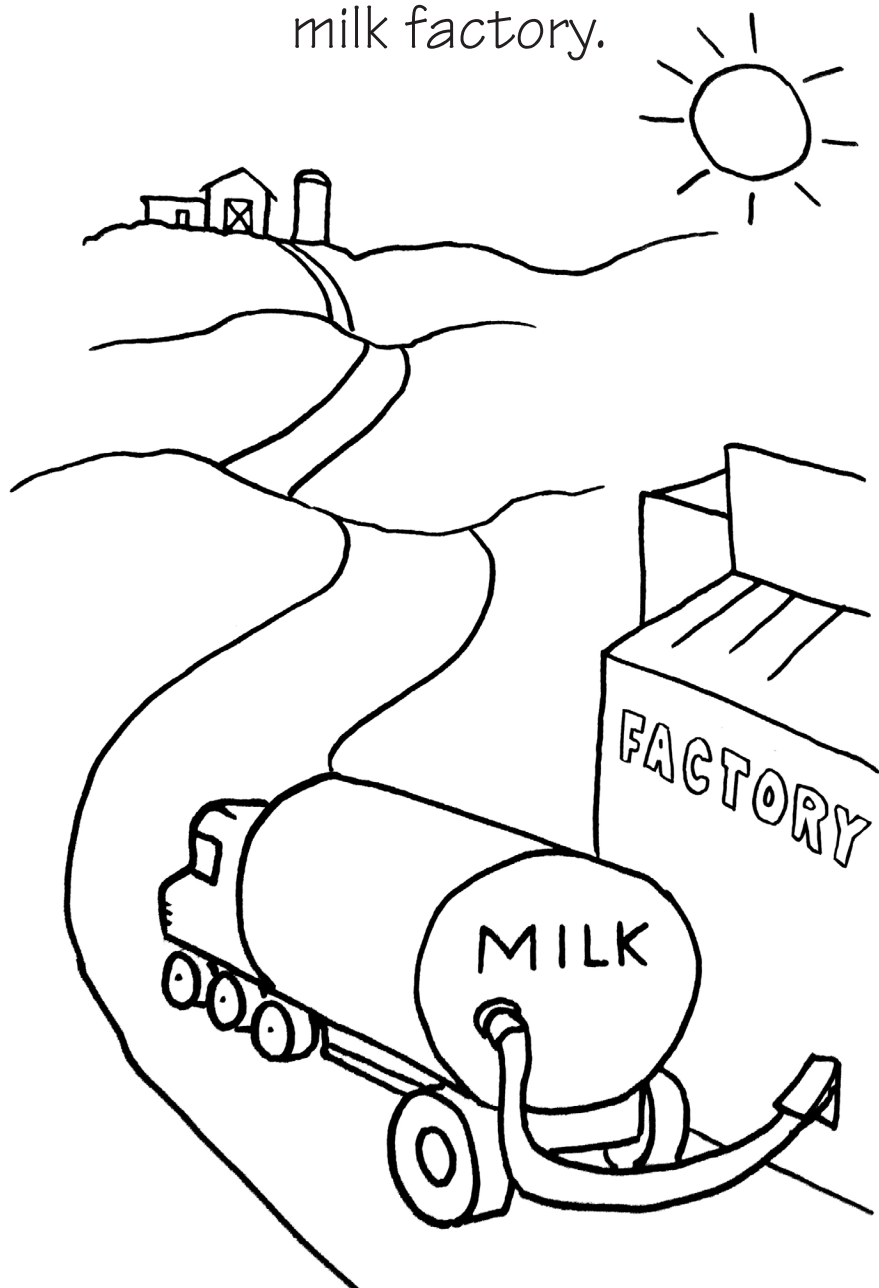
We like to be milked.

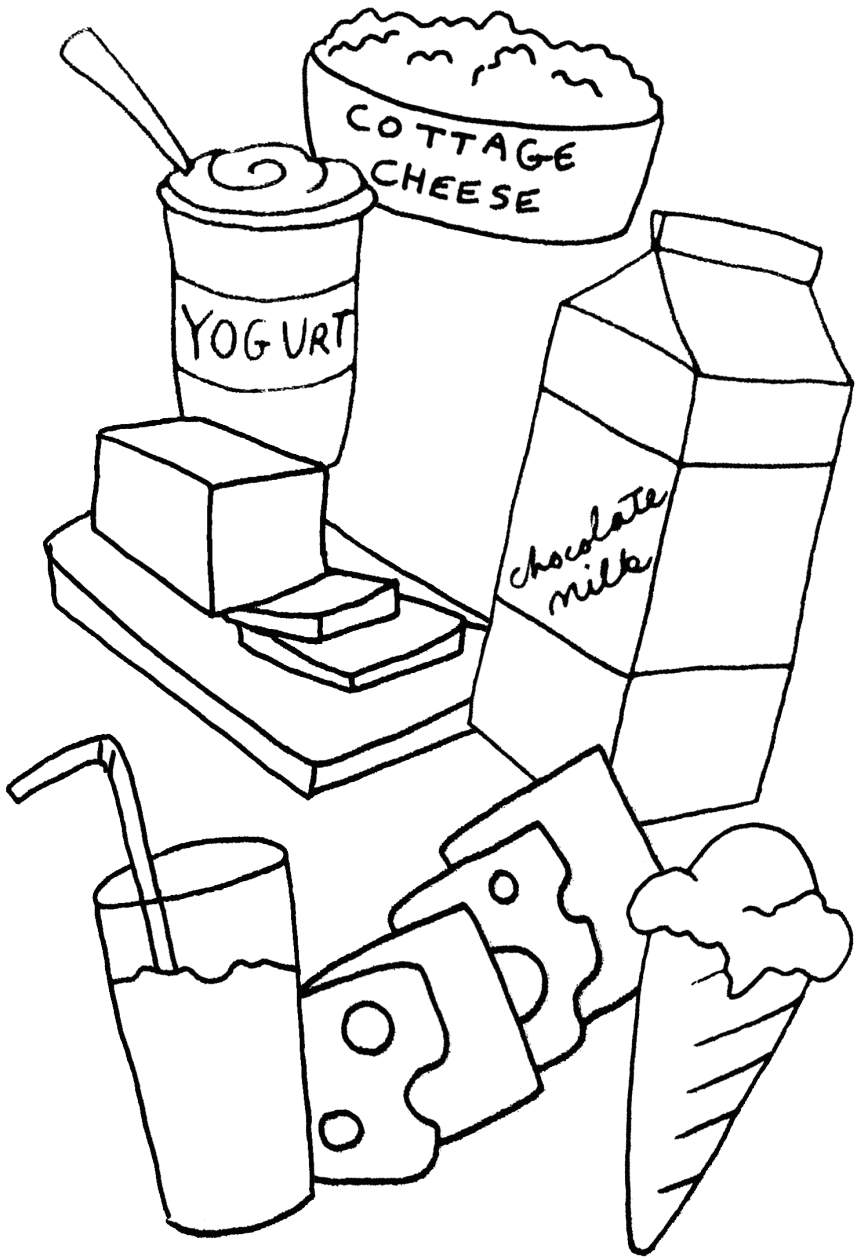
We are milked two times
everyday.



Uncle Joe stores our milk in a
cool, clean tank.

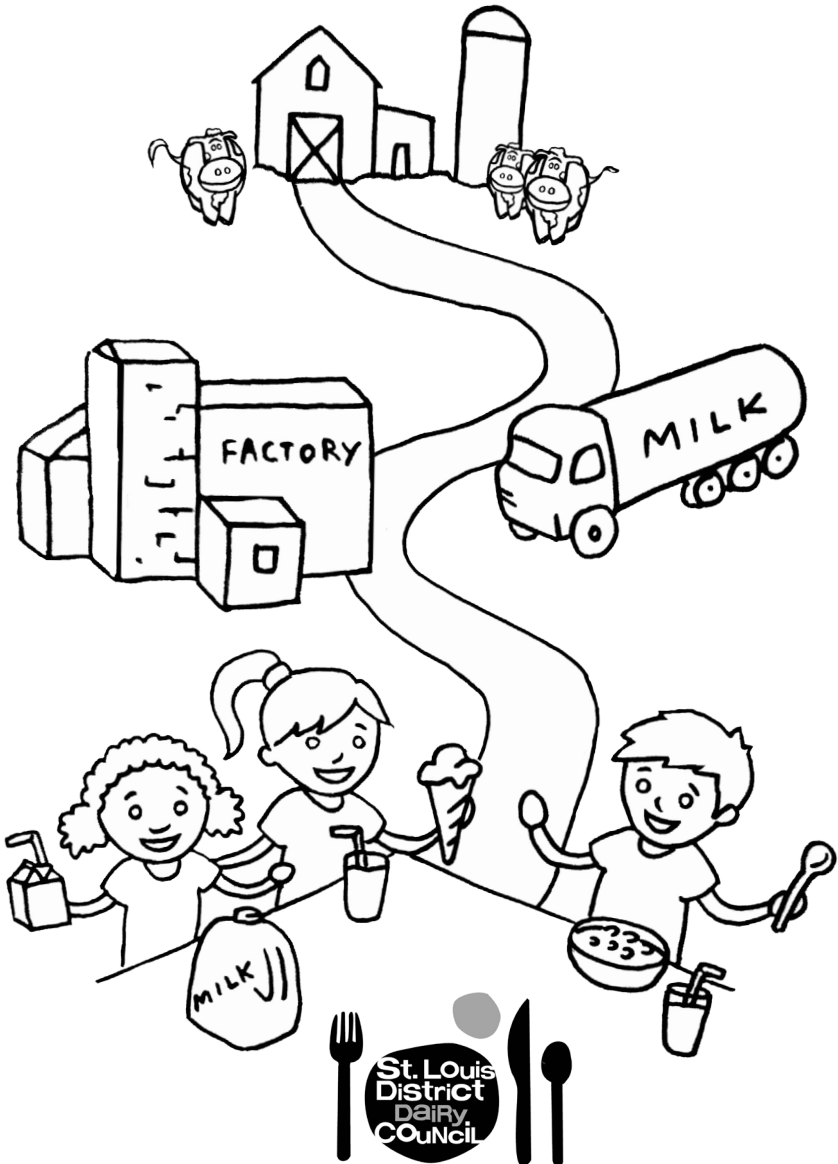
Our milk is loaded into a
milk truck and delivered to a
milk factory.





The milk factory makes many different foods from our milk.

Follow the trip my milk travels
from the farm to your table.



The Nutrition Education People

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