



THE MILK TIP

Use this quick guide to make informed decisions when buying milk and other dairy products for your family.



Organic Milk:

- No antibiotics or hormones given to cows
- Cows fed 100% organic feed
- No irradiation
- No chemical pesticides
- No genetic engineering
- No sewage sludge as fertilizer
- Cows must have access to pasture



The Cornucopia Institute rates the following national organic brands of milk, yogurt and cheese highly: Amish Country Farms, Butternut Farms, Cedar Grove Cheese, Nancy's (Springfield Creamery), Organic Valley (CROPP), Stonyfield Yogurt, Wallaby Yogurt.

Check their survey at cornucopia.org/dairysurvey/ for recommended local and regional brands.

My local brands are:

rBGH Milk:

- Also known as recombinant Bovine Somatotropin (rBST) and marketed by the Monsanto Company as Posilac, it is injected into roughly 20% of U.S. dairy cattle.



- Any dairy products that are not organic or rBGH-free could have been produced by cows that received rBGH.

rBGH-free or rBST-free Milk:

- **Look for: organic** dairy brands or brands labeled **rBGH-free** or **rBST-free** to avoid this artificial hormone.
- Non-organic rBGH-free milk can be a cheaper alternative to buying certified organic milk.



More Milk Definitions...

Pasteurized Milk:

- Pasteurization is the process in which milk is heated to destroy bacteria and extend shelf life. Almost all milk, organic or conventional, is pasteurized.



Raw Milk:

- Unpasteurized ("raw") milk cannot be sold in most of the United States due to public health concerns, although some groups believe that raw milk is healthier than pasteurized milk because pasteurization breaks down vitamins and enzymes. In some states it is possible to buy raw milk directly from the farmer.

Find out more about dairy, as well as how to take action, at www.foodandwaterwatch.org/food/dairy/