

Centre County Farm Bureau

Save Our Local Dairy Farms – Call to Action!



Visit our website (<http://centrecfb.org>) for more information and background on the current crisis in our dairy industry. In short, supply and demand has shifted, the price of milk is down and dairy farms, in unprecedented numbers are closing due to the inability to make ends meet and as a result of truncated milk contracts.

It's a hard time for dairy farmers, and those of us who support them, and we need your help! **What can you do? Read more....**

Already a milk drinker?

Great! We'd recommend that you make sure your milk is coming from Pennsylvania and as close to the county as possible. Not sure how to do that? No problem. Go to <http://whereismymilkfrom.com> and the instructions are there to follow. Basically, there is a code on your milk bottle that you can enter on this site and it will identify the source of your milk. Codes that begin with 42 are from Pennsylvania. In Centre County, you are lucky that you have many options. Check them out!

- **Weis** exclusively sells Pennsylvania milk
- **Meyer Dairy!** It doesn't get more local than that – Visit: <https://meyerdairy.weebly.com/>
- Look for the **PA Preferred logo** to make it easier
- **The Local Farmers markets** and **Friends and Farmers Cooperative** have many local dairy options – Visit: <http://www.centremarkets.com/> and <http://www.friendsandfarmers.coop/>
- Vale Wood from Loretto PA (Cambria County) will deliver to your door – Visit: <http://valewoodfarms.com/>
- Is your favorite local or regional milk supplier not listed here? Contact us at centrecountyfb@gmail.com so we can update this sheet!

Can't drink milk?

No problem. A few things to consider:

- Search for dairy based alternatives (e.g., Lactaid, Fair Life, etc.) rather than non-dairy based (e.g., soy milk, almond milk, etc.)
- Consider dairy in small amounts or mixed in other foods: <https://www.niddk.nih.gov/health-information/digestive-diseases/lactose-intolerance/eating-diet-nutrition>

Looking for other ways to get involved other than increased or continued consumption?

- Contact your schools and encourage them to supply whole milk to students via lunches
- Contact your legislators (<http://www.legis.state.pa.us/cfdocs/legis/home/findyourlegislator/>) and make sure they are aware of your concerns and support for our dairy industry
- At the grocery store, encourage managers to emphasize local milk and other dairy products by: supplying them, labeling them, and encouraging prominent display of them
- Put a "Save Our Local Dairy Farms" sign in your yard – contact us at centrecountyfb@gmail.com for one – someone might see this sign and find this information and change habits!
- Know a dairy farmer? They could use some support right now – reach out and let them know you're in their corner and what you are doing to support them