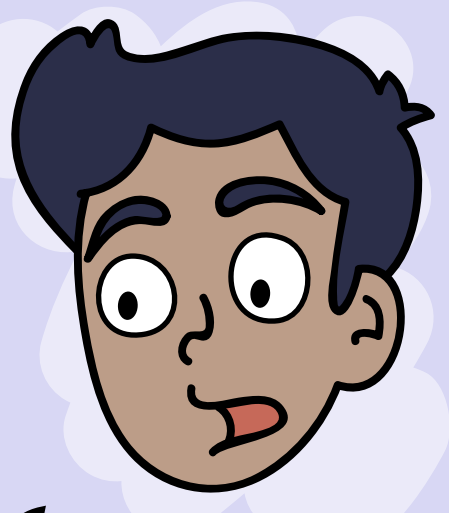


HAVE YOU
EVER WONDERED
WHERE
MILK
COMES FROM?

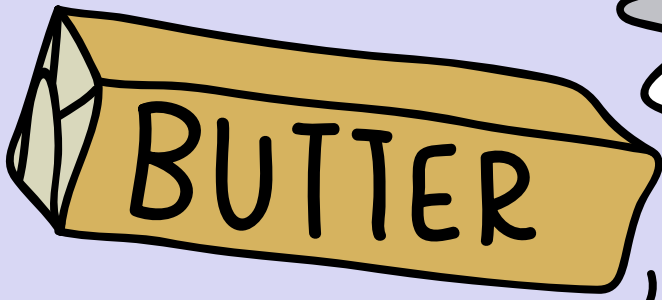


Mom,
where does
milk come
from?

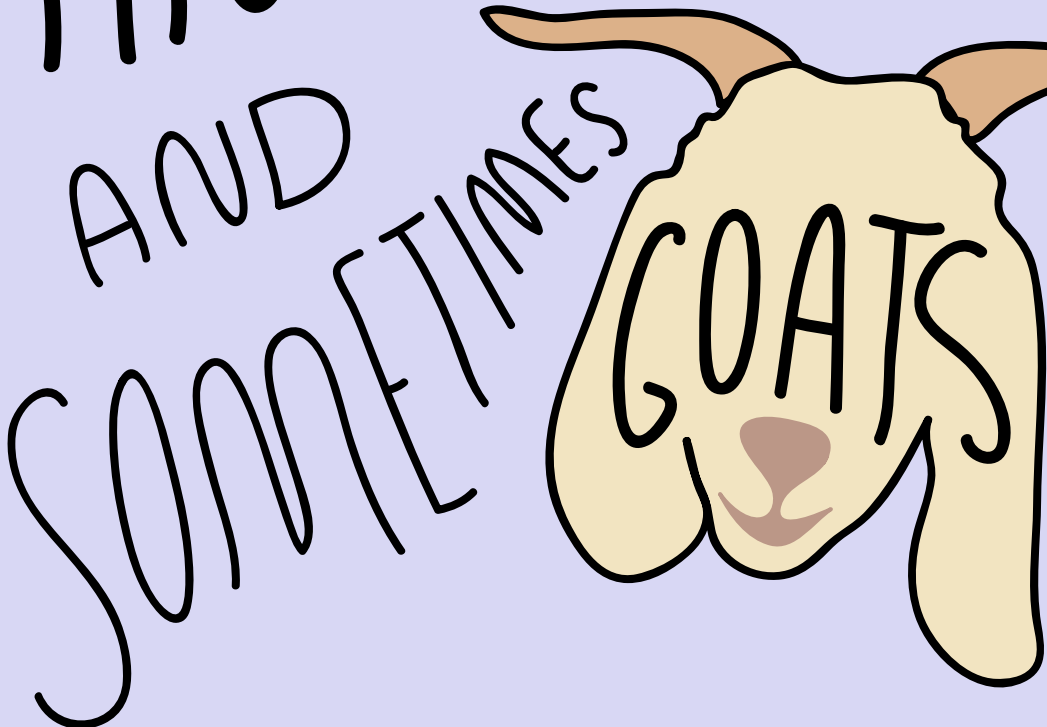


When people talk
about "MILK" they usually
mean cow's milk — also
known as "DAIRY."

DAIRY FOODS
LIKE



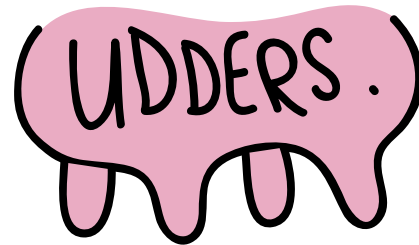
ARE
ALL MADE OUT OF MILK, AND
ANIMALS, LIKE FROM



AND
SOMETIMES WHO
JUST
HAD A BABY.

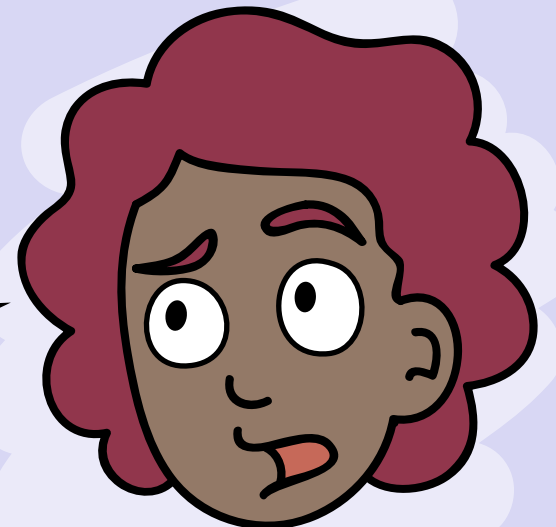


Just like human mothers breastfeeding their new babies, mother cows make milk to feed their calves. That's why they have



But do the calves still get to drink her milk??

Yeah, I thought we drink it?





Cow mothers do make milk for their babies. So to make sure that the babies *don't* drink it, they're taken from their moms right away, and the milk is sold for humans to drink instead.

But that's so mean! Aren't the cow mothers and babies sad?



Yes. Mother cows love their babies!
But farmers make them give birth over
and over again and then take all their
babies away. And once the mother cow
gets worn out from having so many
babies, she's sent to a slaughterhouse.



She gets killed?!



Yes, after 4 or 5 years—which
is still very young for a cow.

So why doesn't everyone just drink vegan milk and eat vegan cheese, butter, and ice cream?



They should!


Another good reason to do that is because raising cows for dairy is very bad for the



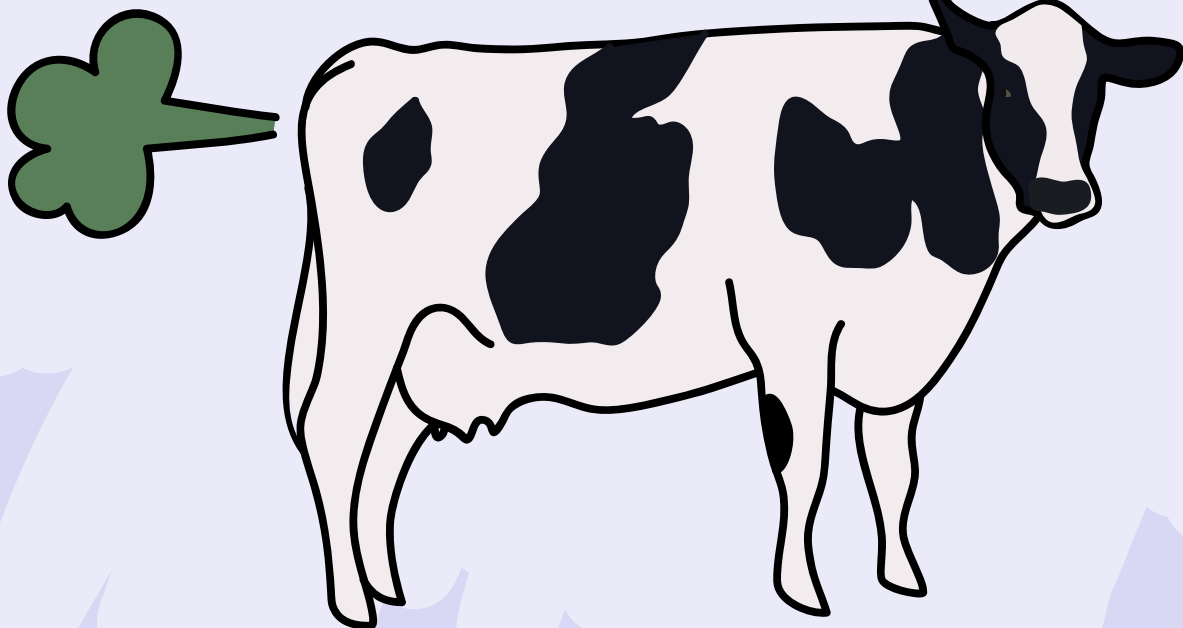
Cows require a huge amount of land and water and produce a lot of methane, which is one of the causes of climate change.



What's methane?



Well, it's a greenhouse gas that mainly comes from cow burping... but also from cow farting and pooping.



If eating dairy foods hurts cows and is bad for the planet, is it at least healthy for humans?



No. The dairy industry spends a lot of money on advertising to make people think that milk is healthy, but it's not—milk and dairy foods are unhealthy for humans and are linked to lots of illnesses.



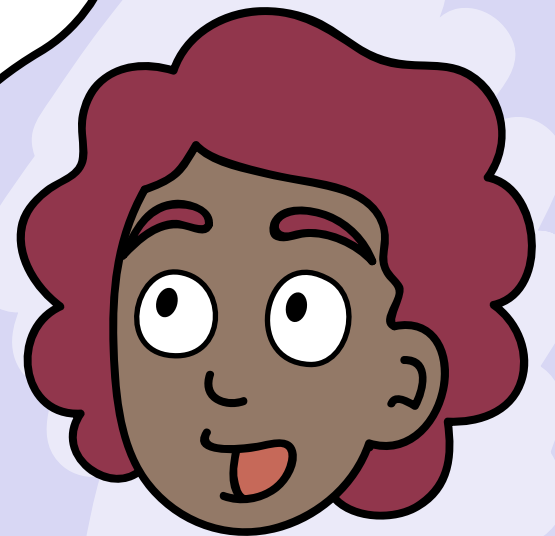
Ugh! I never want to drink milk or eat cheese again!





That's why we only eat the delicious vegan versions of those foods. They taste just as good, but they're animal-friendly and are much healthier and better for the planet.

And cows are so cool! I learned that they jump around when they get excited and can even smell things that are 6 miles away.





HAVE PERSONALITIES AND AMAZING TALENTS AND IF YOU PAY ATTENTION, YOU CAN SEE THAT THEY SHOW US HOW THEY'RE FEELING.

How can we help them?

We can tell our friends the mean things that farmers do to cows on dairy farms and then let them try some yummy vegan foods so they can see that they don't have to drink milk or eat dairy.

