



**COWS MILK
IS FOR CALVES
NOT
HUMANS**

The Reality of Dairy Production in Florida

Dairy farming is one of Florida's biggest animal industries. Although the horrible final destination for dairy cows is the same as with beef cattle— the slaughterhouse— dairy cows in Florida spend much of their lives on concrete, confined in overcrowded and disease-ridden farms.

The Real Cost of Dairy

The lives of dairy cows are a bleak cycle of pregnancy, birth, and milking to provide one thing – milk for human consumption.

The heat and humidity of Florida's climate makes life difficult for dairy cows and increases health problems such as mastitis. As a result of standing on concrete, and from lack of exercise, dairy cows commonly suffer from painful feet or leg injuries.

The Short, Sad Life of a Dairy Cow

Like other mammals, cows have to give birth in order to produce milk. Immediately after giving birth, the dairy cow's calf is forcibly taken from her and fed artificially.

Male calves are of little value to the dairy industry, so dairy farmers sell them to the notoriously cruel veal industry (there would be no veal without the dairy industry!), or just abandon them at the farm. In 2000, workers at a dairy farm in Okeechobee were caught on film dumping day-old calves in a pit, and shooting them with a pistol. Young female calves are moved into tiny pens where they spend the first weeks of their lives, cut off almost completely from contact with other cows. Before the calf turns two, she will be artificially inseminated and begin her "productive life." Cows are milked twice, even three times per day, and are pushed to produce as much as 20,000 lbs of milk per year! After a few short years, a cow's milk production declines and she is sold for slaughter.

Environment

The amount of wastewater and manure produced on dairy farms is astounding, and inevitably pollutes rivers, lakes and groundwater. Dairies are one of Florida's most significant sources of water pollution.

Strong Bones?

Our bodies need the mineral calcium to build and maintain bones and teeth. But cow's milk is not the best or a necessary source. Plant foods can provide all the calcium and other nutrients we need. The most healthful calcium sources are fortified orange juice or non-dairy milks, beans, instant oatmeal, broccoli, and green leafy vegetables such as collards or kale.

Cow's milk is high in calories, fat and cholesterol, and frequently contains antibiotics, hormones and other drug residues. Millions of Americans are dairy (lactose) intolerant.

Beyond Dairy

The only beings suited to consume cow's milk are infant cows. ARFF recommends that people wishing to reduce animal suffering minimize or, better yet, eliminate animal products from their diet. Contact ARFF for ideas on how to make the change to a healthier, animal-free lifestyle.



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