

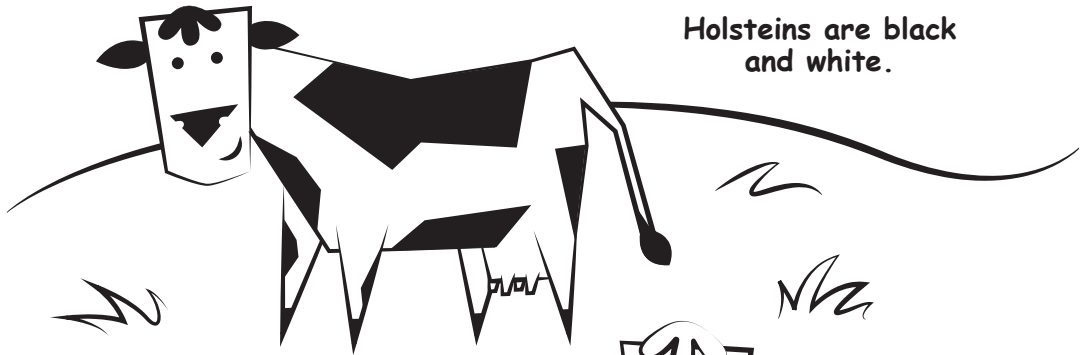
# The Real California Dairy Story

COLORING & ACTIVITY BOOK



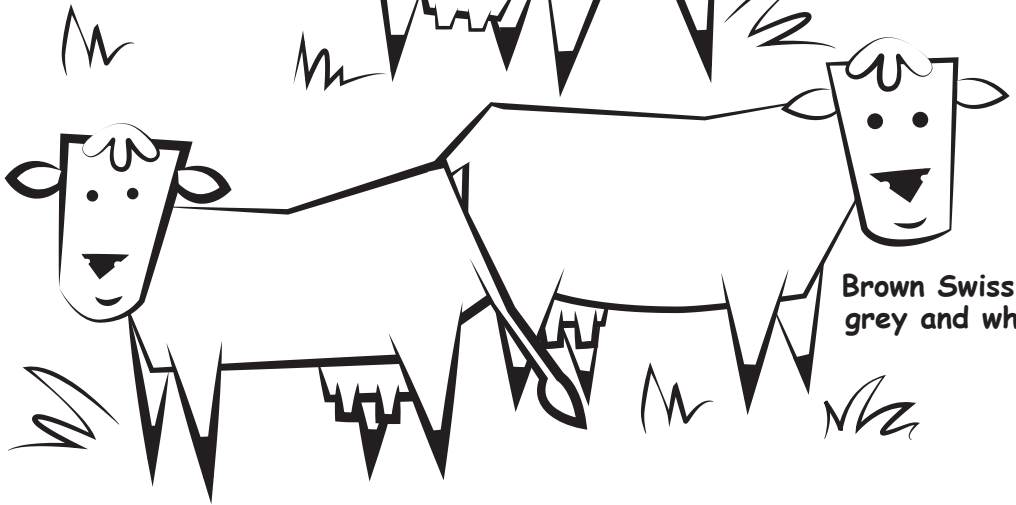
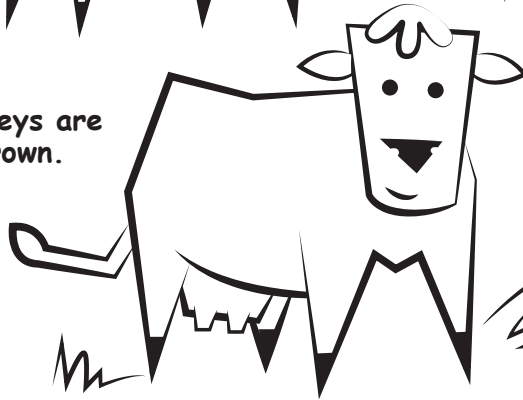
Look for the Seal  
[RealCaliforniaMilk.com](http://RealCaliforniaMilk.com)

Real California Milk comes from  
many types of cows.  
They produce an average of  
6 gallons of milk a day.



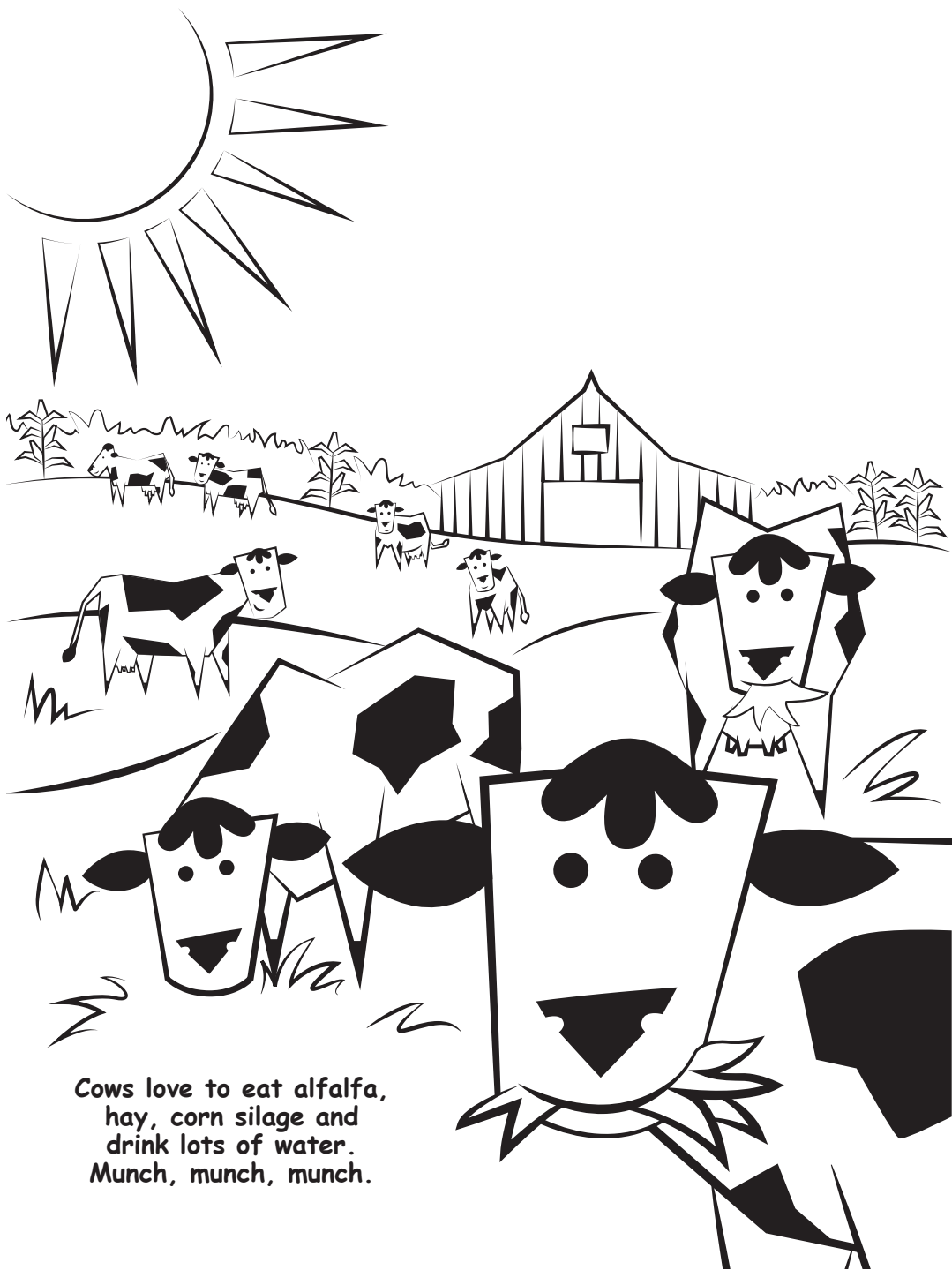
Holsteins are black  
and white.

Jerseys are  
brown.



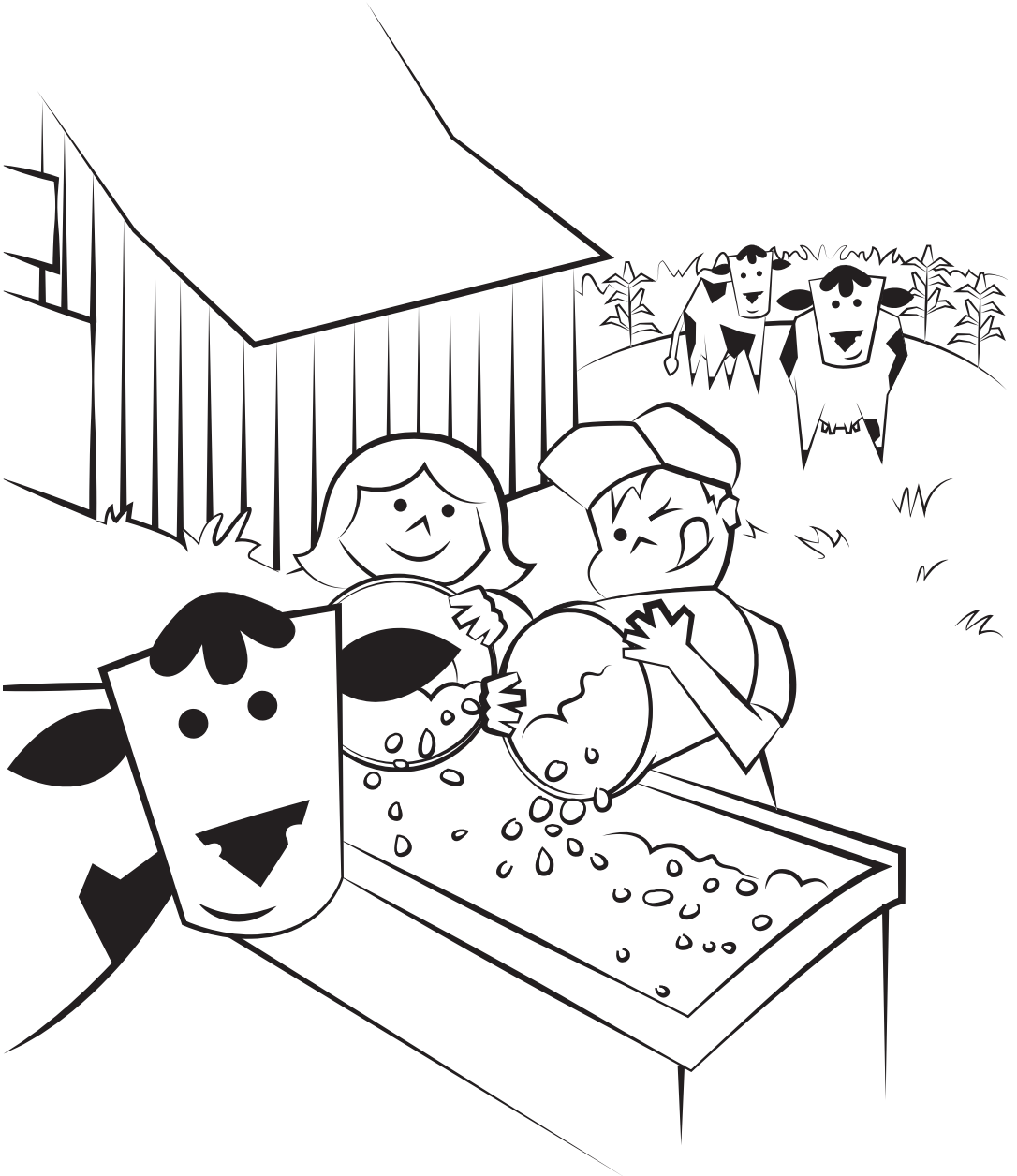
Brown Swiss are  
grey and white.

Guernseys are  
brown and white.



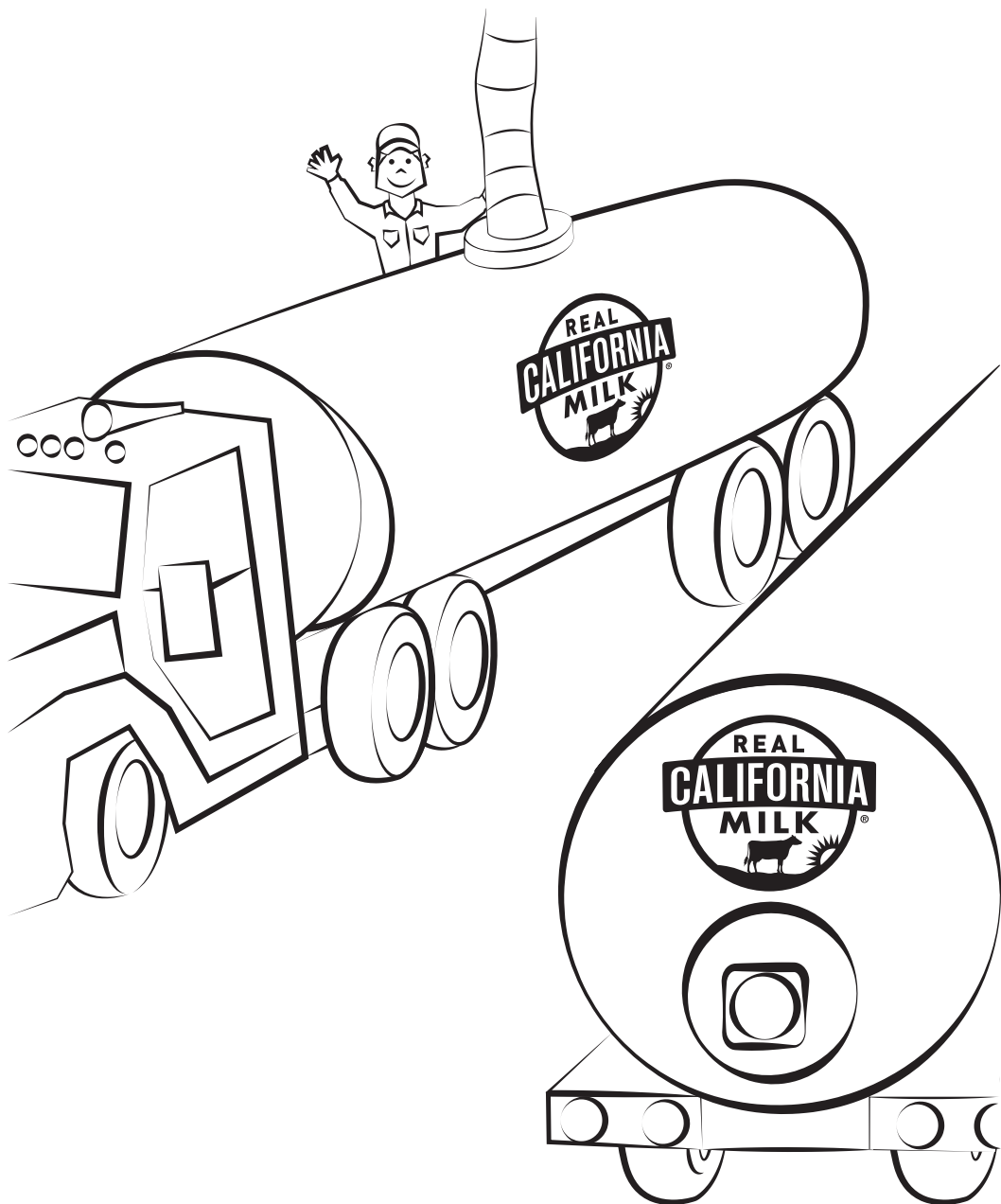
Cows love to eat alfalfa,  
hay, corn silage and  
drink lots of water.  
Munch, munch, munch.

Caring for the cows is hard work.  
Dairy farm families work long hours to make  
sure their cows are happy and healthy.

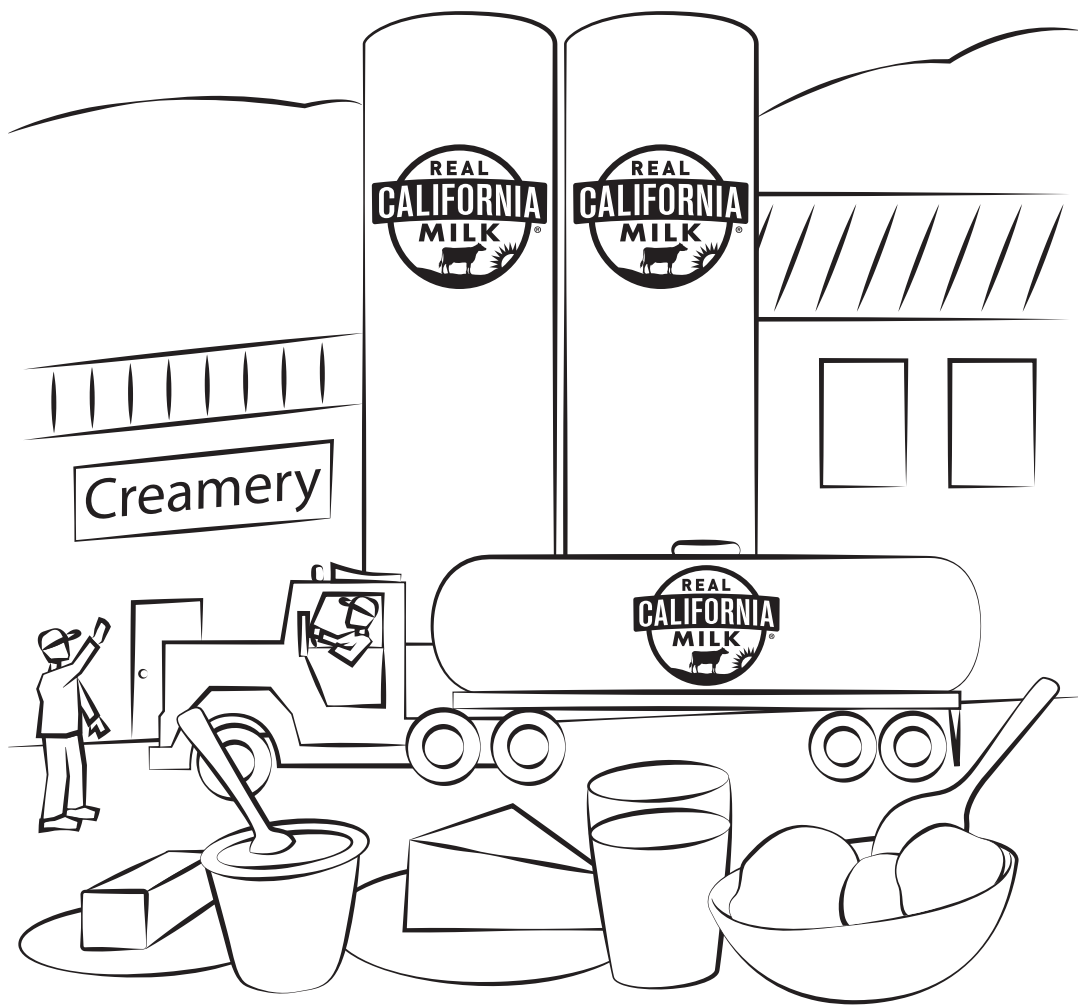


Dairy farmers milk their cows at least  
twice each day.





Big silver milk trucks haul the milk to the creamery. Wave to the milk man when you see the Real California Milk sticker on his truck.



At the creamery they make milk  
into all the dairy products we love  
like cheese, yogurt, butter and ice cream.



Circle the foods that are made with  
Real California Milk.





Draw your favorite toppings on this  
pizza that uses Real California cheese.

# Word Search

I	U	J	S	M	Z	J	F	C	R	E	A	M	E	R	Y	Q	K
J	S	P	H	C	R	K	V	P	C	U	Z	G	L	V	O	L	G
Q	G	T	G	V	G	T	X	I	R	H	R	J	N	K	I	G	R
H	N	E	R	W	S	W	X	E	T	G	E	E	T	M	Q	K	J
Z	B	P	P	O	H	E	M	O	V	A	O	E	A	P	H	K	K
M	U	U	B	A	N	R	J	E	R	G	M	I	S	X	C	J	O
W	T	W	G	C	A	G	Y	B	M	W	N	I	Q	E	B	C	M
T	T	Q	F	F	P	G	B	K	C	R	J	I	N	M	E	H	Q
P	E	P	P	Z	Y	I	C	O	O	G	O	C	A	D	H	J	C
D	R	F	L	C	S	Y	V	F	N	R	N	E	Q	A	I	T	A
Y	G	B	C	W	L	R	I	H	T	E	R	C	Y	N	L	X	L
U	F	X	O	W	H	L	I	P	Z	C	S	R	O	T	U	K	C
L	D	C	H	O	A	B	R	X	R	G	R	E	G	Y	I	S	I
A	H	J	W	C	T	O	N	U	O	T	R	A	U	Q	D	A	U
A	Q	B	L	K	W	J	O	N	T	V	M	M	R	D	T	B	M
U	H	A	X	M	H	S	F	R	E	G	K	H	T	S	E	T	N
E	E	R	E	E	R	M	S	H	T	E	O	M	I	L	K	M	U
R	X	S	D	D	A	I	R	Y	O	B	Z	X	B	P	K	R	H

REAL CALIFORNIA MILK  
 BUTTER  
 CALCIUM  
 CHEESE  
 COWS

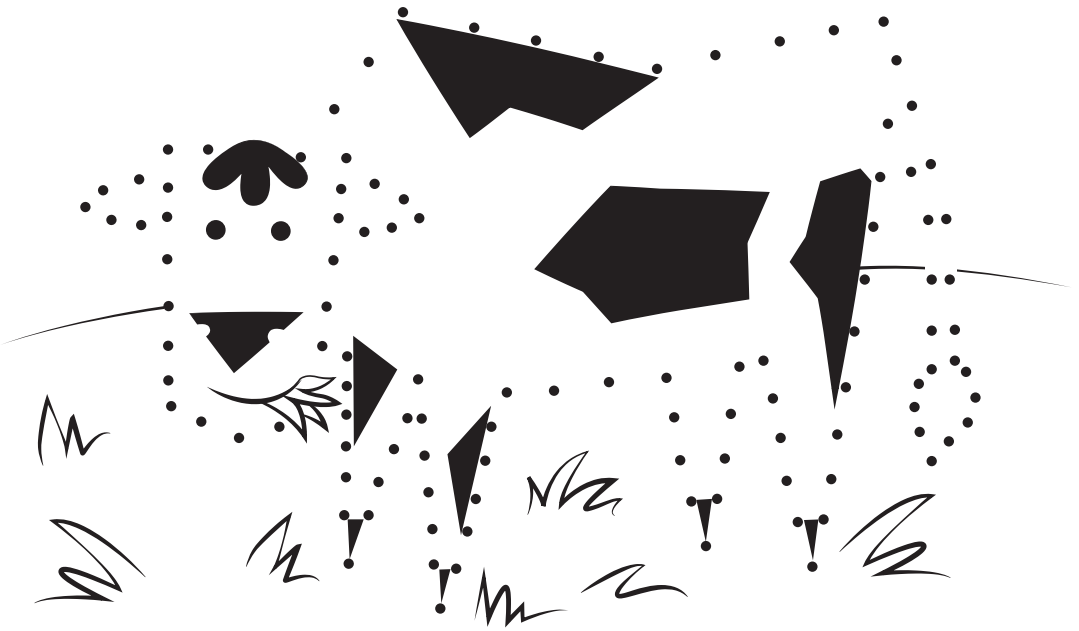
CREAMERY  
 DAIRY  
 FARMER  
 ICE CREAM  
 MILK

SOUR CREAM  
 STRONG BONES  
 VITAMIN D  
 YOGURT



Milk helps us grow  
strong teeth and bones.  
It gives us lots of energy to play.

Connect the dots to make your very  
own dairy cow.



Look for the Seal  
[RealCaliforniaMilk.com](http://RealCaliforniaMilk.com)

This coloring book is provided courtesy of California's dairy farmers. Through their cows and dairy farms, millions of people are supplied with fresh California milk and dairy products.

**California Milk Advisory Board • [promotions@cmab.net](mailto:promotions@cmab.net)**

An instrumentality of the Department of Food & Agriculture, State of California