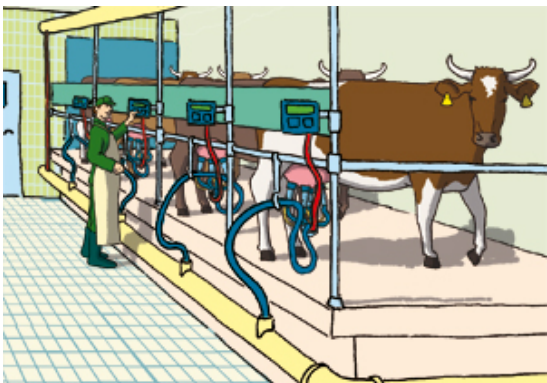


## The cow and the milk



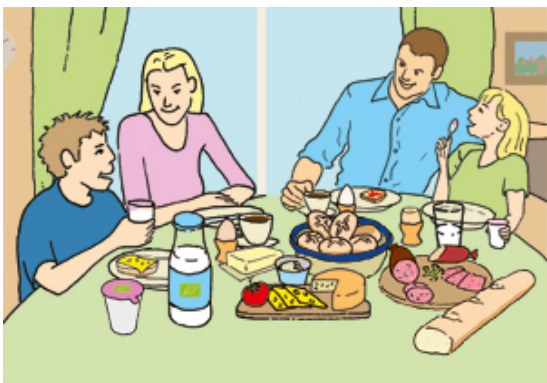
Cows on an organic farm are not permanently tied up or kept away from the green fields in which they feed on natural pasture. The farmers keeping these cows follow rules to ensure they are kept completely comfortable and provide fresh, high quality milk.



Farmers and their staff regularly collect this milk and send it to special dairy companies that bottle it or use it to create fresh and delicious dairy products such as cheeses, yoghurts, creams and ice cream.



When organic milk is filled in bottles or turned into other dairy products, a special logo or text is placed on them, containing information about where, how and by whom the goods were produced. These goods are then sold at places such as special organic stores, supermarkets and restaurants and cafes.



When families like yours buy milk and other dairy products with those special logos or texts, they know all about how the farmer followed those special rules and the cow's comfortable and healthy life. They can think about this while eating delicious yoghurt, healthy bowls of cereal and more!