

## **Milk Day should be celebrated every day!!!**

Luciana B. da Costa, Dept. Veterinary Preventive Medicine, College of Veterinary Medicine, Columbus, OH

World Milk Day is celebrated on June 1<sup>st</sup> and was created over 20 years by the Food and Agriculture Organization of the United Nations (FAO) to encourage the world's population to consume dairy products. As we reach the end of the month, I came across the article [The who's who of global dairy trade today \(hoards.com\)](https://www.hoards.com/article/the-who-s-who-of-global-dairy-trade-today) to see that the United States receives a bronze medal in production with 100 million metric tons annually (mmta) behind India with 200 mmta and European Union with 160 mmta. However, considering placing milk into the human food chain with safety standards, the USA receives a gold medal.

Milk is such a noble food that deserves to have a particular day. "Of all foods, none surpasses milk as a single source of those dietary elements needed to maintain proper health, especially in children and older citizens." It can be consumed just as a plain product or found in diverse recipes.

What about milk products? Present on our table from morning to dinner- those who don't like coffee can have a plain cup of milk, a yogurt, a milk drink, or even chocolate milk, strawberry milk, candy cotton milk, or even root beer milk. And what to say about cheese? Warm on a toast, on a tasty pizza, paired with wine, family, or friends. Milk can be consumed during the entire year. During summer, a delicious ice cream, a milkshake, or frozen yogurt that refreshes and invigorates. In winter, a hot chocolate that warms and soothes not just the body but also the soul.

Knowing so many advantages of milk consumption, everyone should have the opportunity to taste and enjoy the benefits that milk can offer. There is zero lactose milk for those with lactose intolerance, and for those with a milk protein allergy, there is A2A2 milk.

With all this demand, it is essential to recognize that milk goes through a "continued vigilance at every stage of production, processing, pasteurization, and distribution of milk and milk products" until reaching our table. The industry is also proactive, and it is essential to highlight the work done to accelerate climate action and help reduce the dairy sector's impact on the planet.

Thank you to all dairy producers who are proud to get up every day at dawn, whether cold or hot, raining or not, on a holiday or Sunday. They are there, with their challenges but producing with love and your health in mind. So, the next time you taste a delicious milk/milk product, feel loved and respected by them.