



FOR IMMEDIATE RELEASE

Think Dairy This June!

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MARLBOROUGH, MASSACHUSETTS – June 7, 2021 – For more than 80 years, June has marked Dairy Month and 2021 is no exception. As many dairy producers struggled in 2020 due to COVID-19 and processing shifts, it remains important for Massachusetts consumers to continue to patronage their local producers even as the country heads back into 'normal.'

"Dairy Month began as a way to distribute extra fluid milk during the warm months," said MFBF President Mark Amato. "Today it is easier than ever to purchase fluid milk and include it in your diet. By adding it to your coffee, using it on your cereal, or including it in smoothies, you can support your local producer. These growers, and all Massachusetts farmers, pride themselves on producing wholesome foods that help their families grow strong and healthy."

Milk is a good source of protein, with just one cup containing 8 grams. It also contains a wide array of nutrients, such as calcium, vitamin D, riboflavin, vitamin B12, potassium, phosphorus and selenium. The average diet is commonly missing calcium, potassium and vitamin D, which milk can provide.

To find local dairy producers near you, please visit: <https://www.madairyfarmers.org/about-us/agritourism-listings/>.

About Massachusetts Farm Bureau Federation

The Massachusetts Farm Bureau Federation is a non-profit organization representing nearly 6,000 family members across the Commonwealth. MFBF is an advocate for farmers, run by farmer members who develop policies through its grassroots process. Its mission statement is to "strengthen a diverse agricultural community by supporting and advocating for Massachusetts farm families." Its vision is to "envision a world with plentiful high-quality agricultural products, productive open land, and a robust and prosperous farming community. We are committed to working with like-minded groups to achieve these goals." For more information about the Massachusetts Farm Bureau Federation, please visit www.mfbf.net.

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