

### Dairy's Role in a Healthy, Sustainable Food System

April 20, 2023

## Welcome



## Housekeeping





## **Objectives**

- Identify the ways dairy impacts sustainable food systems across health, environment and animal welfare
- Describe ways that the dairy community is advancing its sustainability commitments
- Apply your knowledge of sustainable food systems as it relates to both planetary and public health.



### **Audience Questions**

- What percentage of US GHG emissions come from agriculture?
  - a) 2%
  - b) 11%
  - c) 27%
  - d) 35%
- One serving of milk provides an excellent or good source of how many nutrients:
  - a) 5
  - b) 9
  - c) 13
  - d) 15



### Speakers



Joanne Slavin, PhD, RD



#### Frank Mitloehner, PhD





How dairy nourishes people throughout life: with a focus on nutrition and health domain of sustainable food systems

Joanne L. Slavin, PhD, RDN, Professor, College of Food, Agricultural and Natural Resource Sciences, Department of Food Science and Nutrition, University of Minnesota – Twin Cities

April 20, 2023



### Joanne Slavin, PhD, RDN



Affiliations: Dr. Slavin is a Professor in the Department of Food Science and Nutrition at the University of Minnesota – Twin Cities, a Science Communicator for the Institute of Food Technologists (IFT), a member of the Academy of Nutrition & Dietetics (AND) and a member of the American Society for Nutrition (ASN) and a member of the 2010 Dietary Guidelines Advisory Committee (DGAC)



## **Competing Interests**

- Dr. Slavin thanks the following organizations for research funds the past 2 years:
  - United States Department of Agriculture (USDA), National Institutes of Health (NIH), Taiyo, Barilla, Institute on the Environment (IonE), and the University of Minnesota Extension Southwest Regional Sustainable Development Partnership.
- These research projects are in the areas of dietary fiber, whole grains, legumes, digestive health including the microbiome, plant and animal protein needs, carbohydrate needs, snacking and sustainable agriculture.
- She serves on scientific advisory boards for Simply Good Foods, the Sustainable Nutrition Scientific Board, and the Quality Carbohydrate Coalition.
- She owns a 2/3 share and is the Managing Member of the Slavin Sisters Farm LLC, a 119 acre mixed use family farm in Walworth, WI



### Development of Nutrition Recommendations

- People need to eat to survive by choosing diets that optimize health
- Nutrition guidelines tell us what types of nutrients and the amounts needed to maximize health
- Nutrient requirements vary greatly over the life cycle and are most critical during growth and development



# Nutritional science – nutrients to prevent deficiency diseases

- 1941 National Academy of Sciences began issuing Recommended Dietary Allowances (RDAs)
  - "Quantity of nutrients a person needed to consume daily to ensure basic good health, proper growth and reproductive success, and to prevent nutrient deficiency diseases"
  - Nutritional deficiency diseases have been virtually eliminated in the US thanks to enrichment of refined grains and other fortification strategies.





## Beyond deficiency diseases: Diet and chronic disease prevention

- The US Senate Select Committee on Nutrition and Human Needs led by Senator George McGovern issued the Dietary Goals for Americans (1977).
- The underlying premise for the work was that "too much fat, too much sugar or salt, can be and are linked directly to heart disease, cancer, obesity, and stroke, among other killer diseases."





# From the Science to Me – A Long Journey





### Dietary Guidelines for Americans 1980 - 2010





### The Science Behind the Guidelines

Dietary Guidelines Advisory Committee considers:

- Original systematic scientific reviews
- Existing systematic reviews, metaanalyses and scientific reports
- Dietary data analyses
- Food pattern modeling analyses
  Issues technical report with nutrition and health recommendations

DHHS/USDA uses technical report and comments to develop updated *Dietary Guidelines* 

### Scientific rationale based on <u>various</u> research methods:





### 2015-2020 DGA – A Snapshot

#### Provides 5 Overarching Guidelines:

- **1.** Follow a **healthy eating pattern** across the lifespan.
- 2. Focus on variety, nutrient density, and amount.
- **3.** Limit calories from added sugars and saturated fats and reduce sodium intake.
- 4. Shift to healthier food and beverage choices.
- 5. Support healthy eating patterns for all.

#### A healthy pattern includes:

- A variety of vegetables
- Fruits, especially whole fruits
- Grains, at least half of which are Whole Grains
- Fat-free /low-fat dairy, including milk & yogurt
- A variety of protein foods
- Oils



Four nutrients of concern: Calcium, Vitamin D, potassium, dietary fiber

Shift from Individual Foods and Ingredients to Healthy Eating Patterns!



# DGA Impacts Nutrition Policy and the Health and Wellness Marketplace





### 2020-2025 DGA Guidelines: A Customizable Framework

DGA emphasizes four
 "Guidelines" to help make
 every bite count





### 2020-2025 DGA Highlights



Adopted a **life stage and dietary patterns approach**, like the 2015-2020 DGA Provides recommendations for pregnancy, lactation and birth to 23 months populations for the first time in DGA history Maintains current recommendations for

added sugar and

saturated fat (both at

less than 10% of total

daily energy)

Maintains current recommendations for **alcohol** (≤ 1/day for women, ≤2/day for men)



Supports tailoring dietary choices due to external factors, such as:

- Personal
  preference
- Cultural foodways
- Budget

•



# NEW: Dairy Recommendations for 6 to 23 Mo.

- For the first time, the 2020-2025 DGA provided dairy recommendations for infants and toddlers:
  - 6-12 months: Cheese and plain yogurt can be offered as complementary foods
  - 12-23 months:
    - 1<sup>2</sup>/<sub>3</sub>-2 servings\* of whole milk, reduced-fat cheese, reduced-fat plain yogurt per day advised for those who no longer consume human milk or formula
    - No flavored milk to avoid added sugar content

\*Heathy U.S.-Style Dietary Pattern





# The Case for Meeting Dairy Recommendations

- "Consumption of dairy foods provides numerous health benefits including lower risk of diabetes, metabolic syndrome, cardiovascular disease and obesity."
- "When consumed in the amounts recommended by the Food Patterns, on average across the calorie levels, dairy foods contribute about 67 percent of calcium, 64 percent of vitamin D, and 17 percent of magnesium."

- 2015 Dietary Guidelines Advisory Committee (p. 67)



https://health.gov/sites/default/files/2019-09/Scientific-Report-of-the-2015-Dietary-Guidelines-Advisory-Committee.pdf



### Dietary Guidelines: Building Healthy Eating Patterns



\*The amount recommended here is less than for non-vegetarian diets because some of the protein in a vegetarian diet comes from beans and peas included in the vegetables group.



#### The DASH Eating Plan

### **Protein Requirements**

- Adults require 0.8g protein/kg body weight per day
- Acceptable Macronutrient Distribution Range (AMDR) is 10–35% of energy for adults – when your calorie intake is low, you need to eat a higher percentage of your calories from protein and choose high quality proteins
- Protein needs increase during periods of growth, pregnancy and lactation
- Higher protein diets may also be recommended in the elderly because of "sarcopenia" – muscle loss



### Sources of Protein in the Diet





# Dairy more economical than plant-based beverages



\*Based on U.S. average price of unflavored, private label milk, 1 gal.

Source: IRI Total US - Multi Outlet + Conv 2020, YTD ending 10-4-20

\*\*FDA's Daily Value (DV) for potassium of 4700 mg is based on a 2005 DRI recommendation. In 2019, NASEM updated the DRI to 3400 mg. Based on the 2019 DRI, a serving of milk provides 10% of the DRI. FDA rule-making is needed to update this value for the purpose of food labeling.

USDA FoodData Central online at https://fdc.nal.usda.gov/. Mean values calculated from database entries across all fat levels of plain vitamin Dfortified fluid milk in Legacy, Foundation, and Survey (FNDDS) data sources.



Zinc

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### Dairy's role in reducing hunger globally



 In rural low-income settings, household milk production increases household milk consumption, and increased milk consumption results in improved child growth and reduced stunting



### Food advice: Evolution of USDA's Food Guidance – Moderation and Variety





### **Nutrition Guidelines Timeline**



### 2011

MyPlate, shown here, was introduced in 2011 and is the most recent food guide. It shows how much of your plates should be filled with various food groups.



# An Eating Patterns is More Than the Sum of Its Parts



#### Canada's Food Guide 2019



### Conclusions

- All dietary guidelines must provide nutrients across different age groups from birth to death so nutrient dense foods like dairy, whole grains, fruits, vegetables, and protein foods will continue to be on the plate.
- The Dairy group is critical to Vitamin D and calcium intakes, but should also be part of the protein group of myplate.gov as each dairy serving provides 8 grams of high-quality protein.
- Cost, sustainability, supply, culture, and convenience all impact food intake and must be considered in dietary guidance.
- Food only provides nutrition when it is consumed, so we must be mindful of overzealous rules on sodium, added sugars, and solid fats that remove flavored milk, full fat milk, yogurt, and cheese from diets, especially for the food insecure in our country.





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### Managing methane from livestock can be part of a climate solution

Frank Mitloehner, Professor & Air Quality Specialist, Director, CLEAR Center, Department of Animal Science, University of California, Davis, <u>fmmitloehner@ucdavis.edu</u> Last name pronounced: '*Mit-*ler-nah'



## **CLEAR Center at UC Davis**

The Center leverages its two cores – **research and science communication** – to help animal agriculture become more sustainable.









U.S. Environmental Protection Agency (2022). Inventory of U.S. Greenhouse Gas Emissions and Sinks: 1990-2020

## United States Greenhouse Gas 2020 Emissions by Sector

Total U,S, Emissions in 2020 = 5,981 <u>Million Metric Tons of</u> <u>CO<sub>2</sub> equivalent</u>. Source: <u>https://ww</u> w.epa.gov/ghgemissions/sourcesgreenhouse-gas-emissions





### Global Warming Potential (GWP<sub>100</sub>) of Main Greenhouse Gases



Carbon Dioxide (CO<sub>2</sub>) 1

Methane ( $CH_4$ ) 28

Nitrous Oxide  $(N_2O)$  265




#### **GLOBAL METHANE BUDGET**

Global Carbon Project



#### Half-Life of Main Greenhouse Gases in Years

Carbon Dioxide ( $CO_2$ ) 1,000

Methane ( $CH_4$ ) 12

Nitrous Oxide 
$$(N_2O)$$
 110











Via: @sustainabledish sacredcow.info







#### **GWP\* - A new way to characterize short-lived greenhouse gases**

- GWP100 overestimates methane's warming impact of constant herds by a factor of 4 and overlooks its ability to induce cooling when CH<sub>4</sub> emissions are reduced.
- GWP\* is a new metric out of the University of Oxford that assesses how an emission of a short-lived greenhouse gas affects temperature.
- GWP\* accounts for methane's short lifespan, including its atmospheric removal.









#### Climate Change 2021 The Physical Science Basis

Summary for Policymakers



#### Read the page here: bit.ly/ipcc\_ch7









Cain, M., Allen, M. & Lynch, J. *Oxford Martin Programme on Climate Pollutants* (2019). Read more at: <u>https://www.oxfordmartin.ox.ac.uk/downloads/academic/201908</u> <u>ClimatePollutants.pdf</u>.



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California dairies have reduced greenhouse gases by 2.3MMTCO2e -**30% of the** sector's methane reduction goal









#### **Methane Reductions from Feed Additives**



Created based on the work of Dr. Ermias Kebreab and Dr. Xiaoya Feng, University of California, Davis. https://ww2.arb.ca.gov/sites/default/files/2020-12/17RD018.pdf

## California Case Study

## Whitepaper highlighting benefits of incentive-based policies in GHG reductions



Use your cellphone camera to scan the QR code and take you to the article.

#### https://bit.ly/pathwayclear





#### **Ambitious Goals in California**



- California had set aggressive targets for reducing methane 40% below 2013 levels by 2030
- Dairy to reduce 7.2
   MMTCO2e
- 1.8 MMTCO2e reductions coming from mostly beef cattle.



- Paper focuses on California's efforts to reduce dairy sector methane
- Our analysis shows that California's dairy sector is well on its way to achieving targets
- Our analysis suggests that continued aggressive GHG reduction strategies will also allow the California dairy industry to achieve "climate neutrality" by 2030
- Incentivizing reductions is working and offer a path further.

**Figure 1.** California's dairy methane reduction efforts have employed a comprehensive and successful four-part strategy:





The methane reductions from programs and projects in place today, coupled with the implementation of a moderate feed additive strategy to reduce enteric emissions, is on track to reduce methane between <u>7.6 to</u> <u>10.6 MMTCO2e by 2030</u>, from the dairy sector alone.

**Table 1.** California Dairy Methane Reductions Projected to Exceed SB 1383 Requirements

Projected Dairy Sector Methane Reductions							
Reduction Type	Expected Dairy Emission Reductions Through 2030 (MMTCO2e)						
Herd Reduction	2.61 - 3.3						
Anaerobic Digestion	4.15						
Alternative Manure Management Practices	0.6 - 1.1						
Enteric Emission Reduction Strategies	0.25 – 2.04						
Total	7.61 – 10.59						



## Can we eat our way out of climate change?

- Omnivore to vegan (per yr) = 0.8 tons CO2e (Wynes & Nicholas, 2017)
- One trans-Atlantic flight (per passenger) = 1.6 tons CO2e (Wynes & Nicholas, 2017)
- Meatless Monday (US) = 0.3% GHG reduction (Hall & White, 2017)
- Vegan US = 2.6% (Hall & White, 2017)







Global Waste: 1 out of 3 calories

40% of food in the U.S. is wasted



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# Thank you clear.ucdavis.edu





2019 US Sustainability Award Winner

Cinnamon Ridge Dairy Farm

#### Dairy farming is a circular process

- We grow the crops for our cowsCows eat the crops and produce
  - Milk
  - Manure
- We apply manure to the landWe grow the crops to feed the cows



#### It all starts with the soils







Soil Samples

On 2.5 acre grid

Sample for many

macro and micro

**Precision Ag** 

Soil Sampling Granular

Soil Test Map Report - pH Maxwell Farm: Home 180 Field Wof Lane

Area: 38.74 Sample Date Apr 03, 2020 Lab Name Waypoint Analytica



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### Goals

- Maximum Yield
- Minimal resources
- Clean Water



### Cover crops

Planted in fall after silage is harvest

Resumes growing in the spring.



## Harvested green for feed for heifers



#### No-till into the harvested cover crop



### Yield maps

- Indicates soil types
- Yields
- Moisture



Yi	eld By Soil Ty	pe	Farm Field	Home 180 W of Lane	Crop Area (ac)	Soybeans 38.2
Ha Su	rvest mmary	Total Yield (dry) 3,092.5 (bu)	Average Moi 9.3	sture Harvest End Da 10/10/22	te Harvested Area 36.8 (ac)	Average Yield 100.3 (bu/ac)
Soil	Туре	Yield	Acres	8		
1	119B	105.6	3.2	4		
2	11B	100.3	4.4	ų -		
3	1208	100.1	23.1	2		
4	377B	91.9	0.0	a		100. 127
5	377C	98.1	5.8			* greation
6	377C2	93.0	0.1			
Gen	eraled on November 21, 20	22				Page 13 of 57
Prod whice Trad https https	lucts and services are provi h are part of the labeling ar lemanks and service marks signarular agterms/ si/www.corteva.com/terms-	ded subject to the terms ar of purchase documents. of Corteva Agrisicence and and-conditions.html	nd conditions of pure 1 it's affiliated compa	nies.	ranular 🔇	

#### Field Trials – Which corn is better?

#### Location Summary Report

Comments:

Brand

1-Pioneer

2-Pioneer

3-Pioneer

4-Pioneer

5-Pioneer

6-Pioneer

7-Pioneer

Product

P0924Q

P1093Q

P1185Q

P1180XR

P1267Q

P1272Q

P1366Q

Sub

Product

Code

FHST

FHST

FIST

FIST

FHST

FHST

FHST

18700

21920

697

696

240

240

35.8

35.1

29.86

34.35

40.9

46.7

10.14

8.69

30.46

27.43

Experiment: West CR PKP South Set2	Sales Agency: Madden Ag Services Trial location: Latitude: 41.70475		BP Name: Maxwell; John	BP ID: 1010158619					
Tracking Name: OFGC22147810_0001			Longitude: -90.69328	State: IA Postal Code: 52748		County: Scott			
Crop: Corn Silage	Trial Type:	Trial Type: 🛛 Agronomic 🖉 Genetic							
Previous Crop:	Irrigation:	□ Full □ Limited ☑ Non-irrigate	d 🗆 Unknown						
Row Width (in): 30			_						
Rows Harvested (count): 8	Tillage:	□ Conservation	2 Conventional	U Mulch		U No-Till			
Planting Date: 04/28/2022		Ridge	□ Strip	Unknown					
Happert Date: 09/01/2022	Weighing	Both	☑ Weighed	Yield Monitor					
harvest bate. 08/01/2022	Device:								

#### Milk per acre

#### Digestibility

								A	dditional Lo	ocation Tra	its:								
N Inhibitor (list):													None						
Nitrogen Fert (Ib/a):													160						
								Br	ittle Snap (y	//n):					No				
	Harvested		% DM	Tons/Acre	% Starch	% Sugar	% NDF	% Fig Dig	% uNDF	% CP	Sample	Sample	Lbs	Lbs	Lbs	Lbs	Planting	# Rows	Ī
Silage Weight (lb)	Harvest Length (ft)	Harvest Width (in)	(pct)	(35%DM) (t/a)	(pct)	(pct)	(pct)	(24-hr) (pct)	(240-hr) (pct)	(pct)	Dry Wt. (g)	Wet Wt. (g)	Beef/Acre (lb/a)	Beef/Ton (lb/t)	Milk/Acre (Ib/a)	Milk/Ton (Ib/t)	Rate (n/.001a)	Planted (count)	
22340	702	240	36.1	35.78	43.4	8.9	31.32	53.22	8.1	9	206.4	558.6	5388.3	430.3	48852.7	3901.3	34	8	
21040	701	240	36.3	33.86	44.5	9.48	29.34	50.85	8.01	9.4	209.7	565.9	5018.4	423.5	45952.4	3877.8	34	8	Ī
21260	700	240	36.3	34.27	40.7	9.47	32.81	55.38	8.06	9.1	245.7	665	5184.8	432.3	46651.1	3889.5	34	8	Ī
19500	699	240	33.3	28.9	37.6	10.43	33.52	53.04	8.35	9.1	219.7	645.7	4168.2	412	38057.6	3762.1	34	8	I
21580	698	240	33.8	32.55	43.1	8.92	31.62	53.48	8.04	8.2	239.8	694.9	4839.9	424.9	43955.6	3858.8	34	8	ſ

8.5

7.92

9.5

8.7

252.7

268.1

693.8

751.6

4335.3

4984.3

Market Price	Market Segment Segment Price Adj.		Adjustment	Total Market Price	
\$6.00	Standard	\$0.04	\$0.00	\$6.00	
\$6.00	High Oil	\$0.04	\$0.00	\$6.00	
\$6.00	High Oil SX	\$0.04	\$0.00	\$6.00	

50.85

48.09

8

8

414.8

414.6

39840.7

46122.7

3811.8

3836.8

34

34

Harvest

Stand

(n/.001a)

32 32

32

32

32

32

32

#### It is all about the cows – Cow Comfort



## Cow Comfort

• Bedding with sand





### Milk with robots





#### 120+ data points every day on each cow



### Tailor the feed/cow & know the cost

File Program setti	ings Online Videos Extra Help					
a 🛱 🕯	# 📕 🔛 🕅 🕹 i	। 🗗 🗟 🗗	🚰 🛌 ?			
	Feeding Settings +	Events +	Management	-	Reports 👻	Exchange 🛩
[4.1.8] [Reports] [Fee	eding Results] Ingredient Usage by Pen					
Display Name	A Description	Actual Wt.	Dry Weight Units	Act. Wt./Head	Dry Wt./Head Unit	Price
E Pen: BEEF, BEEF	Avg Head Count : 30					
BEMINR	BEEF MINERAL	0.30	0.29 100 Lbs	1.01	0.98 Lbs	\$10.49
DRYHAY	DRY COW GROUND HAY	45.15	37.03 100 Lbs	150.52	123.42 Lbs	\$81,28
SLCRN	SMALL SILO CORN	25.49	19.37 100 Lbs	84.97	64.58 Lbs	\$261.81
STRAW	STRAW	8.57	7.11 100 Lbs	28.57	23.71 Lbs	\$15.43
UREA	UREA	1.07	1.06 100 Lbs	3.56	3.52 Lbs	\$55.05
WHILG	WHEATLAGE	59.46	34.22 100 Lbs	198.21	114.05 Lbs	\$37.00
		7.00	99.08 100 Lbs	456.83	330.27 Lbs	\$461.05
E Pen : CO, COLORAD	00 Avg Head Count: 12					
DRYHAY	DRY COW GROUND HAY	2.16	1.77 100 Lbs	18.02	14.78 Lbs	\$3.80
GNMAST	GAIN MASTER 55:35	1.11	1.00 100 Lbs	9.26	8.34 Lbs	\$37.95
SILCRN	SMALL SILO CORN	20.66	15.70 100 Lbs	172.19	130.86 Lbs	\$212.21
SOVINE	SOVBEAN MEAL	0.79	0.71 100 Lbs	6.57	5.91 Lbs	\$19.61
WHILG	WHEATLAGE	4.02	2.26 100 Lbs	33.53	18.79 Lbs	\$2.44
		1.44	21.44 100 Lbs	239.58	178.69 Lbs	\$276.11
Pen : DRY, DRY COV	VS Avg Head Count : 51					
AMPLUS	AMINO PLUS	4.87	4.29 100 Lbs	9.59	8.44 Lbs	\$114.22
ANMATE	ANIMATE	0.63	0.53 100 Lbs	1.23	1.05 Lbs	\$49.07
CSILAG	CORN SILAGE	198.25	75.34 100 Lbs	390.26	148.30 Lbs	\$878.92
DMINER	DRY COW MINERAL	34.33	30.37 100 Lbs	67.57	59.70 Lbs	\$1,109.42
DRYHAY	DRY COW GROUND HAY	67.09	55.02 100 Lbs	132.08	108.30 Lbs	\$120.77
H2O	Water	3,480.65	0.00 Lbs	68.52	0.00 Lbs	\$0.00
ML	SMARTAMINE ML	2.77	2.77 100 Lbs	5.40	5.46 Lbs	\$1,223.12
STRAW	STRAW	42.85	35.56 100 Lbs	84.35	70.01 Lbs	\$77.13
		19.28	203.88 100 Lbs	759.06	401.34 Lbs	\$3,652.64
E Pen : EoLANE, END	OF LANE Avg Head Count : 20					
BFMINR	BEEF MINERAL	0.35	0.34 100 Lbs	1.74	1.69 Lbs	\$12.03
DRYHAY	DRY COW GROUND HAY	52.03	42.66 100 Lbs	260.14	213.32 Lbs	\$93.65
SILCRN	SMALL SILO CORN	29.31	22.27 100 Lbs	146.53	111.37 Lbs	\$300.99
STRAW	STRAW	9.73	8.07 100 Lbs	48.63	40.36 Lbs	\$17.51
UREA	UREA	1.52	1.51 100 Lbs	7.60	7.53 Lbs	\$78.44
WHITLG	WHEATLAGE	68.32	39.50 100 Lbs	341.60	197.48 Lbs	\$42.71
		8.06	114.35 100 Lbs	806.25	571.74 Lbs	\$345.32
E Pen: FL, FLORIDA	Avg Head Count : 11					
DRYHAY	DRY COW GROUND HAY	2.06	1.69 100 Lbs	18.77	15.39 Lbs	\$3.72
GNMAST	GAIN MASTER 55:35	1.28	1.16 100 Lbs	11.68	10.51 Lbs	\$43.87
01.000	00000 00000	195.02	104 29 Tao	1 440 77	825 27 Lbc	\$30,146,85
		100.00	Network Inst	· · · · · · · · · · · · · · · · · · ·	500 C 100	

Print Preview Broperties

## Use of AI to tailor the milk schedule by cow

- Constant the amt of time to hook up the milkers
- Longer time between visits cow goes through few times in a day
- More milk yield per cow
  - Better for the cow
  - More milk per robot per day
  - Milking more cows
## Cows are great up cyclers of bi-products

- Cover crops
- Whole corn plant
- Cotton Seed
- Soybean Meal
- Coffee creamer

Different regions have different bi-products





## What the cows produce

- Milk
- Make into cheese



### Manure is the best fertilizer



#### Manure – con't

- More organic matter
- Readily available
- Micro nutrients
- Bacteria



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## The Sustainability of Dairy



# Q&A







## **THANK YOU!**