

# PASSIONATE ABOUT DAIRY?

## Become a Dairy Princess

### What is a Dairy Princess?

The dairy princess program in Minnesota is a leadership program for young female dairy advocates. Dairy princesses across the state spend time in their local communities promoting dairy. They also can compete to promote dairy on the state level.

### Why be a Dairy Princess?

- Meet peers and industry leaders across the state.
- Enhance your public speaking skills.
- Learn proper interviewing techniques.
- Share your passion while connecting with consumers.
- Have fun!

### How do I get involved?

Contact your local princess coordinator. If you don't know your local coordinator contact: [princesskaycoordinator@midwestdairy.com](mailto:princesskaycoordinator@midwestdairy.com) and we can help you get involved!

### Who can be a Dairy Princess?

There are multiple ways to become a dairy princess. First, you must be a female between the ages of 18-24. If you are a senior in high school but not 18, you are still eligible! You also must be a U.S. citizen or permanent resident. Second, you must have a connection to dairy farming through one of four ways:

1. You or your family own and operate a dairy farm in Minnesota.
2. You or your parents work on a dairy farm in Minnesota.
3. You or your parents care for or custom raise dairy cattle for a farm in Minnesota.
4. Either you or your parents own or lease a dairy animal(s) that are housed on another dairy farm in Minnesota.

Visit

[midwestdairy.com/princesskay](http://midwestdairy.com/princesskay)

to learn more!

