

1 A RESOLUTION recognizing January 11, 2020, as National Milk Day.

2 WHEREAS, Kentucky has a rich history of dairy farming, and the tradition
3 continues to this day with roughly 500 dairy farms that house approximately 53,000 milk
4 cows across the Commonwealth; and

5 WHEREAS, milk is an important commodity to Kentucky's economy as the
6 Commonwealth's dairy farmers produce approximately 1 billion pounds of milk each year
7 with a value of nearly \$177 million; and

8 WHEREAS, dairy farming is largely a family tradition, as 98 percent of dairy farms
9 in the United States are family-owned and -operated; and

10 WHEREAS, the quinquennial Dietary Guidelines for Americans report published
11 by the United States Department of Agriculture and Department for Health and Human
12 Services recommends consuming three servings of dairy, including milk, each day as part
13 of a balanced diet; and

14 WHEREAS, milk provides three of the four key nutrients that are typically lacking
15 in the average American's diet: calcium, potassium, and vitamin D; and

16 WHEREAS, milk's unique combination of nutrients plays a key role in preventing
17 heart disease, obesity, high blood pressure, diabetes, osteoporosis, and a number of other
18 health ailments; and

19 WHEREAS, milk is particularly important for the development of strong bones and
20 teeth in children and young adults; and

21 WHEREAS, milk is named and designated as the official state drink of Kentucky;

22 NOW, THEREFORE,

23 ***Be it resolved by the House of Representatives of the General Assembly of the***
24 ***Commonwealth of Kentucky:***

25 ➔Section 1. The House of Representatives does hereby recognize January 11,
26 2020, as "National Milk Day" and celebrates the abundance of safe, healthy, high-quality,
27 and delicious milk thanks to the hard work and commitment of dairy farmers throughout

1 the Commonwealth of Kentucky.

2 ➔Section 2. The Clerk of the House of Representatives is directed to transmit a
3 copy of this Resolution to Representative Brandon Reed for presentation to the Kentucky
4 Dairy Development Council.