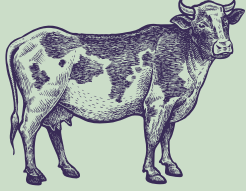






















# Milk Buying Guide



| ORGANIC  | PASTURED / GRASS FED   | CONVENTIONAL   | MOOOOST INTERESTING FARM FACTS:  |
|--|--|--|--|
| <ul style="list-style-type: none"> <li>Governed by the federally regulated Canada Organic Standard</li> <li>Annual 3rd party inspections</li> <li>Must be fed a 100% organic (Non-GMO) diet, can include grains</li> <li>Majority of diet consists of clover rich grass</li> <li>Cows have access to pasture throughout the grazing season</li> <li>Routine use of antibiotics is prohibited</li> <li>Drugs can only be given to treat an illness</li> </ul> | <ul style="list-style-type: none"> <li>Not governed by any regulated claim</li> <li>No 3rd party inspections</li> <li>Grass/forage diet for the lifetime of ruminant animals, with the exception of milk consumed prior to weaning</li> <li>Continuous access to pasture/stored forage in winter</li> <li>Raised without confinement</li> <li>Raised without the routine use of antibiotics</li> </ul> | <ul style="list-style-type: none"> <li>Canadian milk is a pooled supply-managed commodity**</li> <li>Canadian milk is free from added hormones</li> <li>Canadian milk is tested for antibiotics prior to being accepted at processing</li> <li>Conventional feed (contains GMO) predominantly silage and grain</li> <li>In Canada the average number of cows in a milking herd is seventy, unlike intensive US operations that can house up to 10 thousand cows</li> </ul> |   |
| Regulated Non-GMO Feed   | Committed to Non-GMO Feed  | Conventional Feed  |  |
|     |  |  | <ul style="list-style-type: none"> <li>160 member co-op of over 100 family farms</li> <li>Herds range from 10 - 80 cows</li> <li>Cows primarily eat grass even during winter months from harvested grass, and typically spend 22 hrs. outdoors, only coming indoors for milking. Weather permitting, they still spend time outdoors even in the winter</li> </ul>  |
|    |  |  | <ul style="list-style-type: none"> <li>14 family dairy farms</li> <li>Cows have access to fresh air, clean water and sunshine year round</li> </ul>  |
|     |  |  | <ul style="list-style-type: none"> <li>5 organic dairy goat farms</li> <li>Hewitt's organic does pasture for 120-150 days</li> <li>Hewitt's kids have access to nursing until weaning age</li> </ul>   |
|    |  |  | <ul style="list-style-type: none"> <li>Cows are on pasture a minimum of 12 hrs. a day for 5 months/yr.</li> <li>100% grass fed animals (no soy, no corn)</li> <li>Cows are permitted fermented grass, whole-plant corn (corn silage) as well as a small amount of oats. All feed must be non-GMO</li> <li>Fields are not sprayed with pesticides</li> </ul>  |
|     |  |  | <ul style="list-style-type: none"> <li>Livestock receive no grains</li> <li>In summer cows enjoy grass, herbs, and legumes on pasture, in the winter an assortment of sprouted greens and herbal hay</li> <li>No artificial fertilizers, herbicide, pesticided or hormoned used</li> <li>Low pasteurization temperature</li> </ul>   |
|     |  |  | <ul style="list-style-type: none"> <li>**Unlike most pooled milk, this is milk from a single herd</li> <li>Small 50 cow herd on 3rd generation family farm</li> <li>Cows graze on pastures from May to Nov. and have limited outdoor time in the winter months</li> <li>Fields are not sprayed with pesticides</li> <li>Milk is not homogenized and only pasteurized to 73 degrees C for 16 seconds</li> </ul> |
|    |  |  | <ul style="list-style-type: none"> <li>Sheep milk from 8 Amish and 1 non-Amish farm</li> <li>Small flocks of under 100 ewes</li> <li>Treatment of animals complies with the 5 freedoms guidelines</li> <li>Sheep graze in season and eat conserved forage in winter</li> <li>Traceability of milk to each individual farm</li> <li>Feed is non-GMO, no corn or soy</li> </ul>                                  |
|    |  |  | <ul style="list-style-type: none"> <li>Cow's milk is purchased from Dairy Farmers of Ontario, who supply milk from local dairy producers</li> <li>Processed daily in small batches</li> <li>Uniquely, all milk is "cold" separated which provides a fresh, rich and clean flavour</li> <li>120 dairy goat producers, located in Southwestern/central Ontario</li> </ul>  |
|     |  |  | <ul style="list-style-type: none"> <li>Goat's milk purchased from dairy federations in Ontario and Quebec, who supply milk from local dairy producers</li> <li>Goats fed by teat until 2-3 months and given access to hay and silage thereafter</li> </ul>   |

Some brands are not available at all our locations  
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