



Where Does My Milk Come From?

OBJECTIVE

Understand the **origin of milk**, the path to reach the consumer and reflect on more **informed and sustainable choices**.

YOUR MISSION

Choose a **type of milk or milk drink** that you usually consume and investigate its origin.

Step 1 - Identify the product

- Chosen product: _____
(cow's milk, lactose-free milk, UHT milk, fresh milk, etc.)
- Brand: _____

Step 2 – Verify the source

Check the **packaging** and record:

- Country of origin of milk: _____
- Indicated place of production or collection: _____
- Type of milk: ☐ Fresh ☐ UHT ☐ Other _____

Step 3 – Imagine the trip

Reflect on the milk's journey to you:

- Do you think it came from **near** or **far**?
- What steps do you imagine you have gone through (milking, transport, processing, packing)?



REFLECTION:

Step 4 – Conscious Choice

Tick what applies:

- Local/national production
- European production
- Production outside Europe

FINAL REFLECTION

It answers the following questions:

1. What advantages can choose milk produced **closer to you** have?

2. Does the origin of the milk influence your choice? Why?

FOODWISELAB TIP

Choosing **domestically sourced** milk helps reduce transport, supports farmers and strengthens closer and more resilient food systems.