

Dairy

"The dairy cow is exposed to more abnormal physical demands than any farm animal."

Professor John Webster, Emeritus Professor of Animal Husbandry at the University of Bristol

164

one cow produces the same amount of waste as 164 humans

6,203

litres of milk is produced by a single cow in one year (an increase from 2,848 litres over the past 3 decades through selective breeding)

66,000

newborn calves are killed on-farm straight after birth each year in Australia

623,000

newborn calves are separated from their mothers and sent to sale yards or slaughterhouses each year in Australia

Natural Lifespan



15-20 Years

Killed when no longer able to produce milk



4-7 Years

Killed as waste product



1-5 days old

REPEATEDLY IMPREGNATED

As mammals, in order to produce milk, cows need to give birth to a baby. She will be impregnated (usually through an invasive process of artificial insemination) every 13 months to produce a calf who will be almost immediately taken from her.

TAIL DOCKING

Tail docking of dairy cows is a painful procedure which can cause long-term nerve damage. Although this practice is becoming less common, it is still legal to dock a cow's tail in most states of Australia, and in many states, it can be legally undertaken by a layperson.

MILK PRODUCTION DOUBLED

Over the past 3 decades, dairy cows have been selectively bred to produce double the amount of milk, going from 2,848 to 6,203 litres a year. This enormous production level takes a huge toll on cows who cannot sustain this production for long. Once a cow's milk levels fall beyond peak production she will be culled and replaced.

MATERNAL TRAUMA

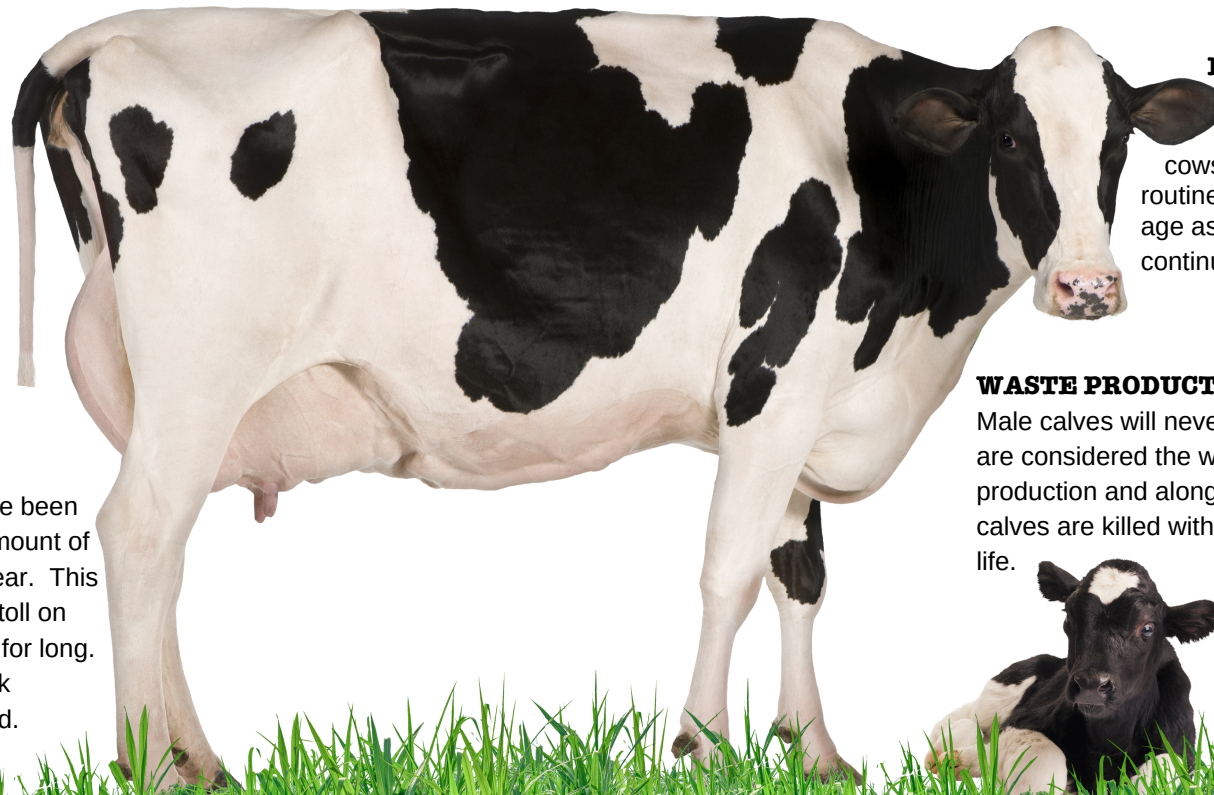
Cows carry their calves for 9 months, and produce the same bonding hormones as humans when they give birth. Her calf will be taken from her as early as 12 hours after they are born, causing trauma that is repeated every 13 months.

EARLY SLAUGHTER

Despite having a natural lifespan of over 20 years cows in the dairy industry are routinely killed at just 7 years of age as they can no longer sustain continued pregnancies.

WASTE PRODUCT

Male calves will never produce milk. They are considered the waste products of dairy production and along with excess female calves are killed within their first 5 days of life.



Ditching Dairy

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According to Dairy Australia, Australians consume an average of 93 litres of milk and over 15kg of cheese each year. We calculated the environmental benefits of ditching dairy consumption using the CSIRO's "Balancing Act" report. The good news is that by ditching dairy, each year you can:

- Reduce greenhouse gas emissions by 2,540.4 kg CO₂
- Reduce water use by 842,160 litres
- Reduce land disturbance by 4,918 m² or 0.61 acres

The annual environmental benefits of ditching dairy and switching to alternatives would be as follows:

- Reduction in greenhouse gas emissions – 1,722 kg CO₂
- Reduction in water use – 633,766 litres
- Reduction in land disturbance - 4466 m² or 0.55 acres

Each year, around 623,000 calves are killed as waste products of the Dairy Industry. Ditch Dairy, and you will no longer be contributing to the suffering of cows and calves in the dairy industry.

Kinder options

The good news is that more and more plant based alternatives are becoming available every day, making it easier than ever to replace dairy milk, cream, sour cream, butter, yoghurt, chocolate and yes, **even cheese!** Look in the plant based sections of Woolworths, Coles or IGA, or head directly to a plant based store like **Vegan Grocery Store or Greens Supermarket.**



Cow & Climate friendly Cheesecake

Ingredients

- 1 and ½ packets of Arnott's Nice biscuits (or other vegan biscuits)
- 190 grams Nuttelex or other vegan margarine
- 750 grams vegan cream cheese, at room temperature
- 215gr (1 cup) caster sugar
- ½ teaspoon vanilla extract (or 1 teaspoon vanilla essence)
- 2 tablespoons lemon juice
- 2 tablespoons plain flour
- Egg replacer equivalent to 4 eggs (Orgran brand or aquafaba)
- 300 ml vegan sour cream (Tofutti or other)

Instructions

- Line base of a 23cm (base measurement) spring-form pan with non-stick baking paper.
- Process biscuits in food processor until finely crushed. Melt the margarine and add to biscuit crumbs. Process until well combined.
- Transfer biscuit mixture to lined pan. Use a straight-sided glass to spread and press the biscuit mixture firmly over the base and side of pan, leaving about 1cm at the top of the pan. Cover with cling wrap and place in fridge for 30 minutes to chill.
- Preheat oven to 160 degrees.
- In a small bowl, beat egg replacer with electric beater until well combined.
- In a large bowl, beat the cream cheese, sugar, vanilla and lemon until just combined.
- Beat in the flour.
- Beat in the egg replacer.
- Beat in the sour cream until just combined.
- Pour mixture into prepared crust.
- Bake for 75 minutes. Should be light brown on top. It will still be a bit wobbly.
- Turn off oven and leave oven door slightly ajar. Leave to cool completely (best to leave it overnight). Cooling it slowly will stop it cracking.
- Refrigerate for a few hours (at least) before serving.
- Serve with vegan whipped cream.



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