EAT LIKE A COW...

CONQUER THE TRAIL

SHARE YOUR ADVENTURE AND PICTURES USING THE #EATLIKEACOW SOCIAL MEDIA TAG. BE SURE TO TAG US ON INSTAGRAM TOO @NHDAIRY.

Visit each shop on the map and receive a passport sticker. Once you have completed your passport, mail it to the address below.

All completed passports will be entered into a drawing. If your name gets drawn, you will win a basket of New Hampshire Made goodies, an **#EATLIKEACOW** sweatshirt and a one-year membership to your local Planet Fitness. Any individual that completes the entire passport will get a complimentary **#EATLIKEACOW** sweatshirt.

Be sure to check out the mobile website. It's a perfect companion to your handheld map. The mobile website provides specific shop directions, websites and hours. **NHDAIRYPROMO.ORG**

We STRONGLY recommend you call shops before your visit to confirm hours and seasonal closing dates. They vary from shop to shop.

Good luck, have fun, and thank your local ice cream shops for participating. Their listing on this map displays a true devotion to our regional dairy system and the farmers who make their ice cream possible.

Passport entries are due no later than **OCTOBER 18, 2019**. Please provide the following information before mailing your passport. If passports are received without all of the below information, we will not consider it complete.

Name_____

Mailing Address (sorry, we cannot ship to PO boxes)

_____

_____

_____

Phone Number_____

Email_____

Sweatshirt Size (circle one) SM MED LG XL

Mail Passport by October 18, 2019 to:
Granite State Dairy Promotion
25 Capitol St., PO Box 2042
Concord, NH 03301

44 LOCAL ICE CREAM STANDS

NHDAIRYPROMO.ORG

New Hampshire
LIVE FREE

LOCAL ICE CREAM STANDS

GREAT NORTH WOODS

1. Moose Alley Cones

WHITE MOUNTAINS REGION

2. Bishop's Homemade Ice Cream
3. Hatchland Farm's "Wicked Good" Dairy Delites
4. Moose Scoops Ice Cream
5. The Barnyard Scoop at Sherman Farm
6. Trails End Ice Cream Shop

DARTMOUTH-LAKE SUNAPEE

7. Ice Cream Fore-U
8. Sanctuary Dairy Farm Ice Cream

LAKES REGION

9. Bly Farm
10. Dewey's Ice Cream Parlor & Cafe
11. Kellerhaus
12. Lone Oak Ice Cream
13. M 'n M Scoops
14. Rumney Village Store
15. Ora's Coffee & Ice Cream

MONADNOCK REGION

16. Ava Marie Handmade Chocolates
17. Charlie's Olde Tyme Creamery
18. Connolly Brothers Dairy Farm
19. Ilsley's Ice Cream
20. Kimball Farm
21. Life is Sweet
22. Stuart & John's Sugar House Restaurant
23. Walpole Creamery
24. Walpole Creamery

SEACOAST REGION

25. Lickee's & Chewy's Candies & Creamery
26. Memories Ice Cream
27. What's the Scoop?

MERRIMACK VALLEY

28. Appleview Orchard
29. The Big 1 Ice Cream Stand
30. Blake's Restaurant & Ice Cream
31. Blake's Restaurant & Ice Cream
32. Bruster's Real Ice Cream
33. Countrybrook Farms
34. Devriendt Farm Products
35. Dudley's Homemade Ice Cream
36. Gould Hill Farm
37. Granite State Candy Shoppe
38. Granite State Candy Shoppe
39. Hayward's Homemade Ice Cream Merrimack
40. Hayward's Homemade Ice Cream Nashua
41. Richardson's Farm
42. Sub Zero Nitrogen Ice Cream
43. The Inside Scoop
44. The Velvet Moose Ice Cream Shoppe

Dairy farmer owned – Shop is owned by a N.H. dairy farmer

Handmade – Ice cream is made on-site

N.H. made – Ice cream is made from 100 percent N.H. milk and cream

BROUGHT TO YOU BY YOUR LOCAL NEW HAMPSHIRE DAIRY FARMERS

1 **MOOSE ALLEY CONES**
3 PARTRIDGE ROAD
PITTSBURG, NH 03592
603-538-6380
PARTRIDGECABINS.COM/ABOUT-US/MOOSE-ALLEY-CONES/

2 **BISHOP'S HOMEMADE ICE CREAM**
183 COTTAGE STREET
LITTLETON, NH 03561
603-444-6039 • BISHOPSHOMEMADEICECREAM.COM

3 **HATCHLAND FARM'S "WICKED GOOD" DAIRY DELITES**
3095 DARTMOUTH COLLEGE HIGHWAY
NORTH HAVERHILL, NH 03774
603-348-1884 • FIND US ON FACEBOOK

4 **MOOSE SCOOPS ICE CREAM**
49 LAKE TARLETON ROAD
WARREN, NH 03279
603-764-9134 • MOOSESCOOPSICECREAM.COM

5 **THE BARNYARD SCOOP AT SHERMAN FARM**
2679 EAST CONWAY ROAD
CENTER CONWAY, NH 03813
603-939-2412 • SHERMANFARMNH.COM

6 **TRAILS END ICE CREAM SHOP**
3631 WHITE MOUNTAIN HIGHWAY
INTERVALE, NH 03845
603-333-1173 • TRAILSENDICECREAM.COM

7 **ICE CREAM FORE-U**
298 PLAINFIELD ROAD
WEST LEBANON, NH 03784
603-298-6884 • FOREUGOLF.COM

8 **SANCTUARY DAIRY FARM ICE CREAM**
209 ROUTE 103
SUNAPEE, NH 03782
603-863-8940 • ICECREAMKIDBECK.COM

9 **BLY FARM**
620 CENTER STREET
WOLFEBORO, NH 03894
603-569-1411

10 **DEWEY'S ICE CREAM PARLOR AND CAFE**
34 PLYMOUTH STREET
CENTER HARBOR, NH 03226
603-253-4009 • DEWEYSICECREAMANDCAFE.COM

11 **KELLERHAUS**
259 ENDICOTT STREET NORTH
LACONIA, NH 03246
603-366-4466 • KELLERHAUS.COM

12 **LONE OAK ICE CREAM**
175 MILTON ROAD
ROCHESTER, NH 03868
603-332-1809 • LONEOAKICECREAM.COM

13 **M 'N M SCOOPS**
67 MAIN STREET
PLYMOUTH, NH 03264
603-536-4850 • PLYMOUTHNHICECREAM.COM

14 **RUMNEY VILLAGE STORE**
453 MAIN STREET
RUMNEY, NH 03266
603-786-6020 • RUMNEYVILLAGESTORE.COM

15 **ORA'S COFFEE & ICE CREAM**
670 NH-16
OSSIPEE, NH 03864
603-301-0298 • ORASCOFFEE.COM

16 **AVA MARIE HANDMADE CHOCOLATES**
43 GROVE STREET
PETERBOROUGH, NH 03458
603-924-5993 • AVAMARIECHOCOLATES.COM

17 **CHARLIE'S OLDE TYME CREAMERY**
ROUTE 202, 9 SHARON ROAD
PETERBOROUGH, NH 03458
603-321-9757 • FIND US ON FACEBOOK

18 **CONNOLLY BROTHERS DAIRY FARM**
140 WEBSTER HIGHWAY
TEMPLE, NH 03084
603-924-5002 • FIND US ON FACEBOOK

19 **ILSLEY'S ICE CREAM**
33 SOUTH SUGAR HILL ROAD
WEARE, NH 03281
603-529-6455 • FIND US ON FACEBOOK

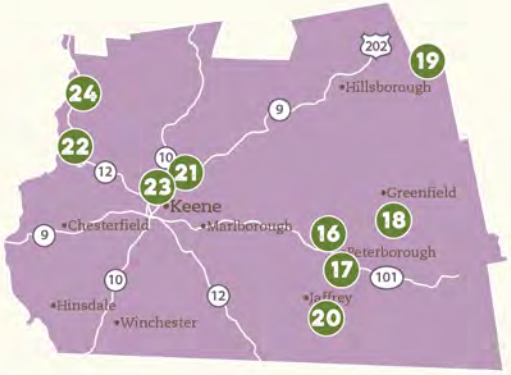
20 **KIMBALL FARM**
158 TURNPIKE ROAD
JAFFREY, NH 03452
603-532-5765 • KIMBALLFARM.COM

21 **LIFE IS SWEET**
32 CENTRAL SQUARE
KEENE, NH 03431
603-352-0900 • LIFEISSWEETCANDYSTORE.COM

22 **STUART & JOHN'S SUGAR HOUSE RESTAURANT**
31 ROUTE 63
WESTMORELAND, NH 03467
603-399-4486 • STUARTANDJOHNS.COM

23 **WALPOLE CREAMERY**
149 MAIN STREET
KEENE, NH 03431
603-445-5700 • WALPOLECREAMERY.COM

24 **WALPOLE CREAMERY**
532 MAIN STREET
WALPOLE, NH 03608
603-445-5700 • WALPOLECREAMERY.COM



25 **LICKEE'S & CHEWY'S CANDIES & CREAMERY**
53 WASHINGTON STREET, SUITE 100
DOVER, NH 03820
603-343-1799 • LICKEESNCHEWYS.COM

26 **MEMORIES ICE CREAM**
95 EXETER ROAD
KINGSTON, NH 03848
693-642-3737 • MEMORIESICECREAM.COM

27 **WHAT'S THE SCOOP?**
160 MAIN STREET
KINGSTON, NH 03848
603-642-4455
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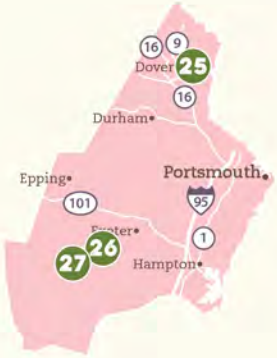

28 APPLEVIEW ORCHARD
1266 UPPER CITY ROAD
PITTSFIELD, NH 03263
603-435-3553 • APPLEVIEWORCHARD.COM

29 THE BIG 1 ICE CREAM STAND
185 CONCORD STREET
NASHUA, NH 03064
603-402-1182 • THEBIG1ICECREAM.COM

30 BLAKE'S RESTAURANT & ICE CREAM
53 HOOKSETT ROAD
MANCHESTER, NH 03104
603-627-1110 • BLAKESICECREAM.COM

31 BLAKE'S RESTAURANT & ICE CREAM
353 SOUTH MAIN STREET
MANCHESTER, NH 03102
603-669-0220 • BLAKESICECREAM.COM

32 BRUSTER'S REAL ICE CREAM
621 AMHERST STREET
NASHUA, NH 03063
603-881-9595 • BRUSTERSNH.COM

33 COUNTRYBROOK FARMS
175 LOWELL ROAD
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603-886-5200 • COUNTRYBROOKFARMS.COM

34 DEVRIENDT FARM PRODUCTS
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GOFFSTOWN, NH 03045
603-497-2793 • DEVRIENDTFARM.COM

35 DUDLEY'S HOMEMADE ICE CREAM
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36 GOULD HILL FARM
656 GOULD HILL ROAD
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603-746-3811 • GOULDHILLFARM.COM

37 GRANITE STATE CANDY SHOPPE
13 WARREN STREET
CONCORD, NH 03301
603-225-2591
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38 GRANITE STATE CANDY SHOPPE
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39 HAYWARD'S HOMEMADE ICE CREAM MERRIMACK
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40 HAYWARD'S HOMEMADE ICE CREAM NASHUA
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41 RICHARDSON'S FARM
170 WATER STREET
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603-796-2788 • RICHARDSONSFARMNH.COM

42 SUB ZERO NITROGEN ICE CREAM
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603-943-8491 • FIND US ON FACEBOOK

43 THE INSIDE SCOOP
260 WALLACE ROAD
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603-471-7009 • THEINSIDESCOOPNH.COM

44 THE VELVET MOOSE ICE CREAM SHOPPE
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WARNER, NH 03278
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MERRIMACK VALLEY

WHAT'S THE REAL DISH ON DAIRY?

Treating animals with respect and compassion is part of every dairy farmer's heritage. Farmers recognize excellent animal welfare practices lead to the production of high-quality milk. Farmers are constantly seeking ways to improve the comfort of their animals. Simply put, without healthy and contented cows, a dairy farmer could not stay in business.

There are groups spending millions each year trying to persuade the public that animal agriculture is evil. They find isolated cases of animal abuse and attempt to convince consumers these appalling acts are common on all farms. In reality, their goal is to make it difficult for family-owned farms to exist. They all share a similar agenda — to end the consumption of meat, dairy, and eggs.

Despite what some activist groups want you to believe, dairy cows are not treated as "milk machines." On average, dairy cows spend a total of 45 minutes a day in the milking parlor. That's it. The rest of the time, they're on the pasture, lazing about in the barn, socializing, eating, and drinking.

Dairy farmers work to conserve resources such as water, land, and energy. Farmers have tools to measure soil, carbon, water, and energy to make decisions that help their farms use resources efficiently. Dairy farmers were environmentalists long before anyone else.

2019 is the fifth year of record low milk prices. New Hampshire has lost 42 family-owned dairy farms since 2010. Dairy farmers' checks are currently as low as they were in the 1970s. As a result, New Hampshire is losing dairy farms at an unprecedented rate. Your purchase of real dairy products helps keep our local farms in business.

Chocolate milk contributes less than 2 percent of added sugar to a child's diet. The American Heart Association suggests that the foods mainly responsible for the increased intake of added sugars are soft drinks, fruit drinks, desserts, and candy. The American Heart Association also notes that flavored milk causes no adverse effect on a child's weight and contains all the same nutrients as white milk.

Dairy farming only produces 2 percent of the animal livestock contributions to greenhouse gases. Today's dairies use 90 percent less cropland, produce 76 percent less manure, use 65 percent less water and 63 percent less carbon than they did in 1944.

Decades of scientific research have substantiated the many health benefits associated with milk, including increasing bone health, lowering blood pressure, and boosting immunity. When taking into account the numerous health benefits, the inexpensive cost per serving and the amount of nutrients packed in each serving, dairy products are an essential part of a healthy diet. There is no other beverage that naturally provides the same nutrients as real milk.

MILK DOES NOT CONTAIN ANTIBIOTICS. IT IS ILLEGAL. All milk, both conventional and organic, is antibiotic-free.

Milk is tested for antibiotics at each stage of the delivery process — at the farm, before it's transported, and again at the dairy processing facility. Each of these tests determine that milk does not contain antibiotics. It's because of these rigorous testing standards that milk is one of the safest food products you can buy. THERE ARE STRICT FINANCIAL AND REGULATORY PENALTIES FOR FARMERS IF THEIR MILK DOES NOT PASS THESE TESTS.

Antibiotics are used on farms to treat animals that are sick, just like you would give an antibiotic to your child if they were sick. Dairy farmers have no incentive to arbitrarily treat cows with antibiotics. Doing so costs additional money and serves no purpose. Any cow that gets an antibiotic is milked separately from the rest of the herd and the milk is dumped.

HORMONES IN MILK? Hormones are simply chemical messengers, and often proteins, produced naturally in both animal and plant foods — from celery to salmon. Because of this, there are no "hormone-free" foods, including milk. Hormones are never added to milk. Milk is one of the simplest foods you can buy.

Women who eat at least three servings of dairy foods each day are 80 percent less likely to be obese than those who don't.

A recent study of more than 37,000 middle-aged women found that those with the highest intakes of dairy had a reduced risk of type 2 diabetes. Similarly, a study of men found a reduced risk of type 2 diabetes with an increased consumption of low-fat dairy. Interestingly, every extra portion of dairy consumed was associated with an increasingly lower risk.

DID YOU KNOW?

The body is able to better absorb and digest the essential amino acids found in dairy protein as compared to soy, wheat, almond, coconut or rice proteins. Compared to most milk alternatives, cow's milk also has higher amounts of absorbable calcium, making cow's milk a great choice for supporting bone and muscle health.

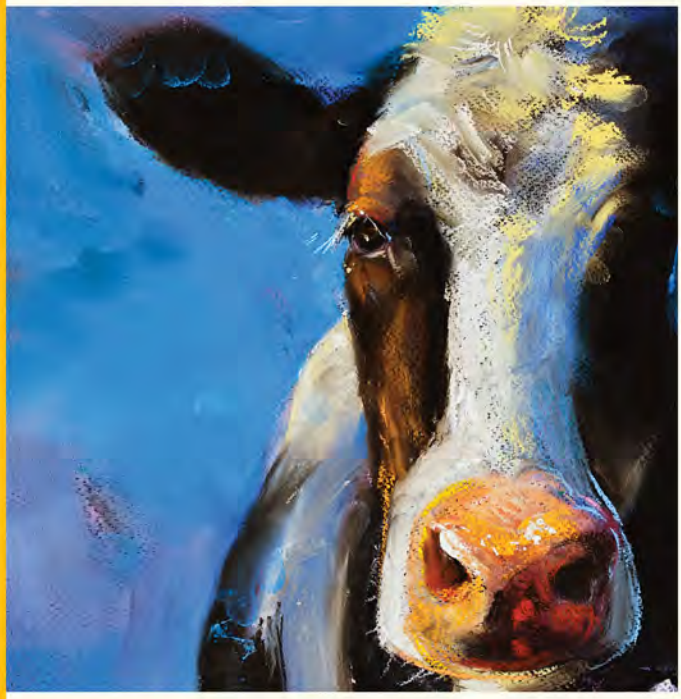
Alternative "milk" beverages have become the latest food trend. While they claim to be a healthier option than cow's milk, very little of their advertised nutrition makes it into the glass. There may be up to eight additives in an attempt to mimic the taste and nutrient profile of real cow's milk.

Real milk contains only three ingredients: cow's milk, Vitamin A and Vitamin D. Alternative dairy beverages may contain a myriad of artificial ingredients such as cane sugar, sea salt, carrageenan, natural flavor, calcium carbonate, locust bean gum, sunflower lecithin, gellan gum, calcium carbonate, Vitamin E acetate, zinc gluconate, tricalcium phosphate, and synthetic vitamins.

MEAL TIME IS MILK TIME

GRANITE STATE DAIRY PROMOTION

NEW HAMPSHIRE'S DAIRY FARM FAMILIES REMIND YOU: MEAL TIME IS MILK TIME!



NEW HAMPSHIRE'S AGRICULTURE

Milk sales rank second in value of all New Hampshire agricultural commodities sold. (2017 Census of Agriculture)

Agritourism activities contribute approximately $4 million annually to the New Hampshire agricultural economy. (2017 Census of Agriculture)

Agriculture (production and agritourism) supports over 20,000 jobs in New Hampshire. (Plymouth State University 2015)

FUN COW FACTS

The term "cow" refers only to the females of the bovine population. Males are typically called bulls or steers. A female who has given birth is called a cow. A female who has not given birth is called a heifer.

The average dairy cow produces eight gallons of milk per day!

The main breeds of dairy cows are Holstein, Guernsey, Jersey, Brown Swiss, Ayrshire and Milking Shorthorn.

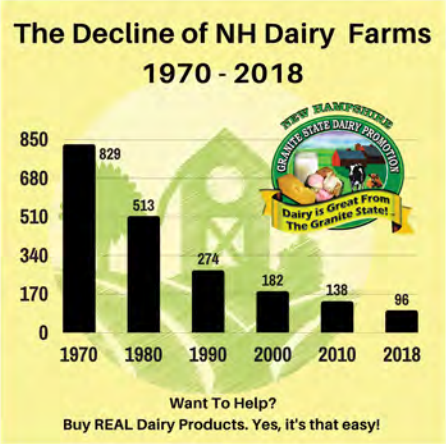
Cows are social animals, and they naturally form large herds. And, like people, they will make friends and bond to some herd members and avoid others.

Cows have almost total 360-degree panoramic vision.

Cows only have bottom teeth.

Cows spend 10 to 12 hours a day lying down.

WANT MORE REASONS TO DRINK REAL MILK? IT KEEPS NH DAIRY FARMS IN BUSINESS.



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