



# Cows are good citizens



## Cows make good use of resources

There are a lot of places in the world that are too dry or hilly for growing much of anything -- except grass. Cows make good use of this land by eating that grass or hay and turning it into nutritious food for people.



Cows also give back to the world. Their manure fertilizes fields and helps keep soil healthy.



## Cows are great at recycling

The food, fiber, biofuel and alcohol industries create a lot of byproducts that are of no use to humans but can be eaten by cows because of their ruminant digestive system. For example, when cooking oil is extracted from corn, soybeans, or other grains, the plant material that is left over is fed to cows as "meal." Cows prevent tons of byproducts from entering landfills.

*example*

**People use**

Cotton for clothes

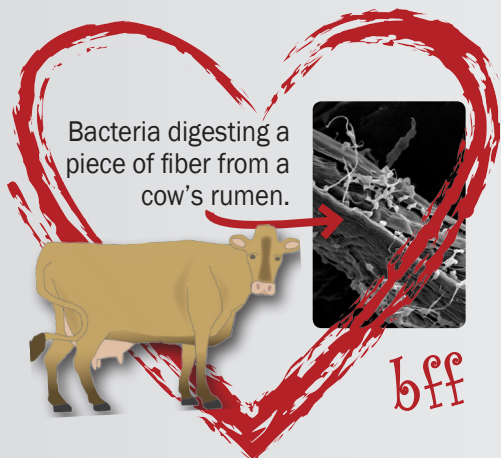


**Cows eat the leftovers**

Whole cottonseed



## Cows play well with others



Cows can eat things like grass and cottonseed because they're **best friends forever** with bugs. Not insects, but special bacteria that live in the rumen, the first part of a cow's stomach.

These bacteria help cows digest tough, fibrous feed. The bugs also serve as an excellent source of protein for cows. In turn, the cows provide a great place for the bugs to live.

