

Fresh Farm Milk: Risk Assessment

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Today, 70% of the U.S. population has the choice to obtain fresh milk, either from their neighborhood grocer, a local farm store, or through a herd share. Maryland is one of only 10 U.S. states which deny citizens access to this safe and healthy food. ⁽¹⁾



Widely Consumed.

More than 10 million Americans drink raw milk. Why? There are several peer-reviewed journal articles confirming the substantial health benefits of fresh milk distinct from pasteurized milk.



Good Local Business.

Fresh local dairy is good local business. 180,000 Marylanders drink fresh milk. If they spend \$5 per person per week, then \$45 million is being lost annually to Virginia and Pennsylvania farms. The actual loss to Maryland will be several times this if we consider that these fresh milk drinkers also purchase meat and other produce from these farms.

A continued ban on herd shares for fresh milk hurts Maryland dairy farmers and inconveniences Maryland consumers.

Safe. And Much Safer Than...

Overall, Americans have a 1 in 6 chance of getting ill from a foodborne contaminant each year.

- Deli meats= 500 times the estimated risk of Listeriosis as fresh milk ⁽⁵⁾
- Home cooked chicken: 57-1,181 times risk of Campylobacter jejuni ^(6, 7)
- Pasteurized milk = 30 times the estimated risk of Listeriosis as fresh milk ⁽⁵⁾
- Home cooked beef: 7-35 times risk of E. Coli 0157 ⁽⁸⁾
- Leafy greens: 6-28 times risk of E. Coli 0157 ⁽⁹⁾
- Hot Dogs = 10 times the estimated risk of Listeriosis as fresh milk ⁽⁵⁾

There have been zero cases of Listeriosis from fresh milk ever, despite the fact that at least 10 million people are already drinking it. ⁽²⁾

- There is only a 1 in 92,000 chance, per year, if you regularly consume it, of becoming ill from fresh milk. There have been zero known deaths from consuming fresh fluid milk in the last 15 years covered by the CDC Foodborne Outbreak Database, whereas numerous deaths have been attributed to contaminated fruit, nuts, leafy greens, meats, fish, and pasteurized milk products. ⁽²⁾
- Compare the fact that you have a 1 in 8,000 chance of dying in a car crash each year versus a less than 1 in 92,000 chance of getting mildly ill, but not dying, from fresh milk. ^(2,23)

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