

World Milk day, 2022

June 3, 2022

In news- Every year on June 1, World Milk Day is commemorated.

More information-

- The Food and Agriculture Organization (FAO) of the United Nations **established World Milk Day in 2001** to recognize the importance of [milk](#) as a global food.
- This date was picked because a number of countries were already having a national milk day on or around this day.
- While the majority of countries celebrate on June 1, some do it a week or so before or after.
- Theme for 2022 – **“Dairy Net Zero”**.
- This means that the day aims to reduce greenhouse gas emissions by the dairy industry over the next 30 years.
- The theme also marks the need to improve waste management in the dairy sector in order to make the industry more sustainable.

Milk is rich in calcium and vitamin D and also has high potassium content. With magnesium and a lot of folates, milk is a nutritious drink. Its consumption can help strengthen bones and lower the risks of heart diseases.