

BAD MILK ALERT



⚠ Make sure your milk cartons state the type of milk they contain, and that it's oat, soy, hemp, coconut, almond, or any other type of plant-milk.

If a carton only says "MILK", then that's most likely "cow's milk", which is milk **made for cows**. Cow's milk is not appropriate for human bodies – it's got cholesterol and sex hormones, links to human cancers, and its needless consumption is worse for our planet/home than any plant milk. Cow's milk has historically been marketed as building strong bones, but that's been proven to be complete nonsense.

More info at:

ItsDairyBad.org & WhyPlantMilk.net